HOMEMADE PASTA, STEP BY STEP P. 84

Canadian Living

Happy New Year

267 WAYS TO EAT, FEEL AND LOOK BETTER

Style
LOOK POLISHED AT WORK

MINI CHEESE BALLS
P. 98

+

ALWAYS TIRED?
Here's why
P. 35

Start with 4 ingredients!

WHAT TO WEAR FOR A
WINTER WORKOUT


Karine
Karine Vanasse
Actor

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MADE IN
FRANCE



My "take care of me" resolution: scheduled downtime!

READY TO Reboot

"What's your New Year's resolution?" might just be the most stressful five words I've heard lately. Whatever my greatest wish for 2016 might be—to spend more time with my kids, to visit my parents more often, to practise guitar three times a week—statistically, I'm unlikely to succeed. According to the Statistic Brain Research Institute in Los Angeles, 92 percent of resolution-makers will fail, and a further 24 percent fail every single year.

Not one of us needs that kind of disappointment, or the self-blame that often follows. ("Why couldn't I just stick with it?" is a familiar, and very human, refrain.) Does that mean it's time to kick New Year's resolutions to the curb? Hmm. I still feel there is something about the turning of the calendar page that invites us, even implores us, to reboot some aspect of our lives. But maybe there's a gentler way to approach it—a way that encourages us to be good to ourselves instead of beating ourselves up over our shortcomings. A "take care of me" resolution, you could call it.

For example (and the people who own gyms won't like this, because more than 12 percent of new gym memberships are purchased in January), what if, instead of vowing to hit the elliptical machine—which you already know is mind-numbingly dull, even with great music pumping through your earbuds—you invested in some great gear that will help you keep up your beloved after-work walks throughout the winter? (See "Weather Your Workout," starting on page 23, for our recommendations on that front.)

Pretty civilized, right?

We've filled this January issue with ideas that we hope will inspire and lift you up. There are no impossible-to-achieve projects or recipes that take tons of special equipment and hours of toil to complete. And if there's anything you'd like to see in an upcoming issue, let us know at letters@canadianliving.com. Remember: This is your magazine. Always.

Happy New Year—and take care of you,

Sandra

Sandra E. Martin,
editor-in-chief

INSIDER INFO

COMING SOON



Admittedly, while our Test Kitchen food specialists are brilliant, they haven't yet developed a recipe that takes less time than dialing the number of your local pizza delivery. What they have done is put together an entire special issue of recipes that require 25 minutes or less of prep time. I defy even the speediest joint to get an extra-large pepperoni to you faster than that! Pick up your copy of *Quick Prep Dinners* on Jan. 18 or download the iPad edition from the App Store.

MORE MAKEOVERS



I never get tired of makeovers. The hair, makeup and clothes are catalysts to bring out someone's true beauty and confidence. If you like Wency's transformation from student-casual to polished professional in this issue (see page 16), you'll be as thrilled as I am that we have more makeovers lined up for 2016. Stay tuned.

WELCOME, SARAH!



There's a new member of the *Canadian Living* family: Home & Garden director Sarah Gunn. You may already know her from the fabulous DIY projects she's been sharing on canadianliving.com, from her years of appearances on TV's *Cityline* or from social media. (She'll also be contributing to our new @CLXSTYLE Instagram feed, devoted to fashion, beauty and home decor.) We already love what she's done with the Home pages in this issue, starting on page 57.

PHOTOGRAPHY, DAVID WILE (MARTIN); YVONNE DUIVENVOORDEN (FOOD); GENIA SHAPIRA (GUNN). HAIR AND MAKEUP, BUFFY SHIELDS/JUDYINC.COM (MARTIN)

THE QUESTION
WHAT'S YOUR TOP PARTY-ETIQUETTE TIP?

Your BEST ADVICE

We asked and you answered! We reached out to *Canadian Living* readers on Facebook to get their best advice for entertaining season—and brilliant tips came flooding in.



"Having too much food is always better than not having enough. That rule goes for cocktails as well!"
— DAJANA FABJANOVICH

"Don't be shy about introducing yourself to someone you don't know. There's no need to awkwardly wait for your hosts; they're busy with other tasks. Take the lead and break the ice—you'll be warmly received."
— BARBARA GMITROWSKI

"Remember, it's not really about *what* you've got at the party; it's about *who* you've got at the party. Enjoy your guests and have fun."
— CONNI CHRISTENSEN

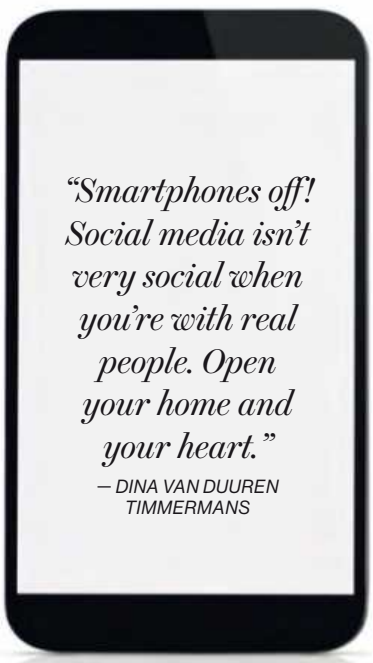
"Keep it relaxed! Invite a mix of friends and neighbours, keep the food simple and have easy drinks for everyone."
— KIM ROBINSON



"ALWAYS OFFER TO HELP CLEAN UP AFTER THE PARTY. I ALSO TRY TO THROW AWAY TRASH DISCREETLY SO THE HOSTS CAN ENJOY THEMSELVES."
— LISA CICCHETTI

"Keep a look out for anyone left out of the conversation. Ask open questions to draw them in, and have something interesting and entertaining to talk about to help the conversation flow."
— KATHERINE CHAPMAN

"Prior to the party, I ask guests if they have any food restrictions or allergies, as many would not want to impose. It makes you a better host, and your guests are all the more comfortable."
— TOBY ERIN COLLINS



"Smartphones off! Social media isn't very social when you're with real people. Open your home and your heart."
— DINA VAN DUUREN TIMMERMANS



"Arrive on time."
— NATHANIEL G COUTTS

"Always, always bring a hostess gift. It's one of life's little niceties that sadly doesn't happen very often anymore. It makes you stand out and shows that you appreciate the invite."
— SUSAN VIENO STIRLING

"Pay attention to when the party starts to wind down and go home before the host and hostess start to yawn."
— KAREN BURNS BISHOP

"Greet everyone upon arrival and say, 'Good night and thank you for coming' when guests leave."
— MARILYN O'NEILL



"CLEAN THE BATHROOM AND PUT OUT FRESH TOWELS!"
— NORMA MILLAR

"During the winter, I provide slippers for guests. I keep a basket of homemade knitted ones in various sizes for men and women. This introduces humour right at the door!"
— MARION BOWEN

"USE SERVING UTENSILS FOR EACH FOOD ITEM. NOT ONLY IS IT MORE SANITARY BUT IT ALSO HELPS PREVENT CROSS-CONTAMINATION FOR ANYONE AT THE PARTY WITH FOOD ALLERGIES."
— CHRISTINA HIEBERT



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LIFE LESSONS

FROM...

Sarah GADON



ON HEALTHY LIVING

She eats blueberries every day.



Giorgio Armani Beauty Eye Tint in Gold Ashes, $39, sephora.ca.

ON HER FAVOURITE BEAUTY PRODUCTS

"Giorgio Armani Eye Tints are a revelation; you don't have to know anything about makeup to use them. I've introduced them to all of my friends who are schoolteachers or who work in the travel or food industries and hate doing their own makeup. They've fallen in love."

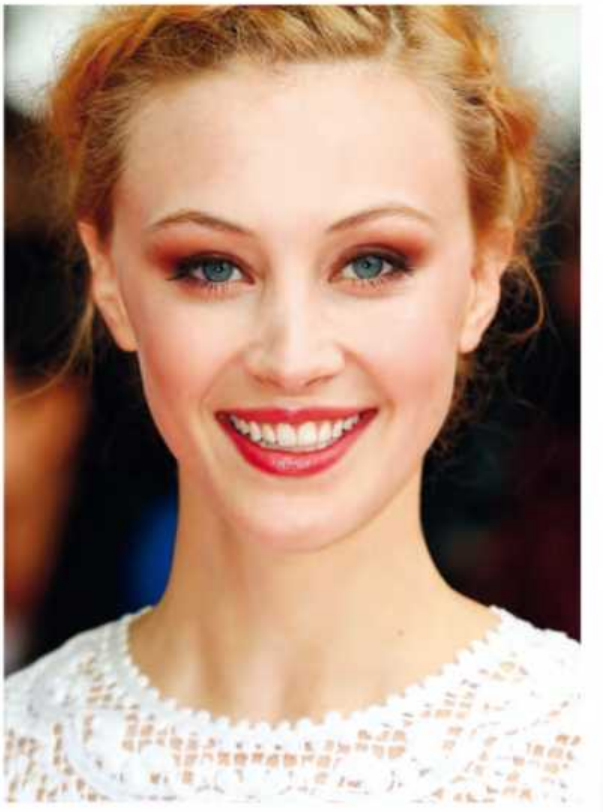
On her beauty philosophy

"Makeup is a creative outlet. Do what you feel like and try what you want to. There are no rules. You can make a mistake—it's not the end of the world."

ON HER STYLE INSPIRATION



Hitchcock blonds like Grace Kelly!



SARAH GADON, CANADIAN ACTOR AND THE FACE OF GIORGIO ARMANI BEAUTY, DISHES ON BEAUTY MUST-HAVES, LIFE IN THE FILM INDUSTRY AND MAKING TORONTO HER HOME.

BY ANDREA KARR

ON TRANSFERRABLE SKILLS "There are many talented people who want to be actors, so it's not always about who's the most talented; it's about who works the hardest. I learned that kind of discipline studying ballet at a young age. In ballet, it's all about picking every movement apart and becoming better."

ON NERVES "Nerves are all about perspective. You can say, 'I have this big audition, and there are 100 other people going out for it and I'm probably the least equipped.' Or you can shift your perspective and say, 'I get the opportunity to go to work today.' I've learned how to adjust my perspective in order to cope."



On her favourite costars

"*A Dangerous Method* was the first film role I had as an adult. We shot in Germany and I played opposite Michael Fassbender [left]. He was just blowing up after *Shame*. He's so dedicated to his work, so it was really incredible to have that experience. Working with Jake Gyllenhaal in *Enemy* was also amazing. He's dedicated to teasing out a scene for every possibility."

Sweater, $280, shop.cavadesoi.com.



On a beloved CANADIAN BRAND

"I love Ça va de soi. I discovered the sweaters when I was working in Montreal seven years ago. It's a family-owned, family-run company, and the product is top of the line."



ON LIVING IN TORONTO INSTEAD OF L.A.

She returns to her hometown, Toronto, to remain grounded and remember her values.

PHOTOGRAPHY: GETTY IMAGES (GADON, FASSBENDER, GYLLENHAAL, KELLY); THINKSTOCK (BLUEBERRIES); GENIA SHAPIRA (EYE TINT). ILLUSTRATION, THENOUNPROJECT.COM (CN TOWER)


24 HR freshness that
POPS
AROUND THE
CLOCK
+ Febreze
Tide
PODS
Like any household detergent, keep away from children.

Style



the cold war

Fight dry and irritated skin this winter by layering on skin-care products to help soothe and protect your cold-weather complexion. BY JULIA McEWEN

WINTER WON'T officially arrive until Dec. 21—but it feels like it's been here for months. And because your skin gets extra thirsty when it's cold, it's imperative to adjust your skin-care regimen. "When transitioning seasons, think about changing your skin-care routine," says Dr. Terry Loong, better known as Dr. Terry, a London, England, dermatologist and global skin-care expert for The Body Shop. "Our skin needs more moisture and protection from the cold, dry air." So, when the mercury drops, Dr. Terry recommends a regimen that includes layering an oil cleanser (more hydrating than gel or foam), essence (a formula with active ingredients such as hyaluronic acid and glycerin that helps skin retain moisture), serum (an anti-aging powerhouse often packed with antioxidants and peptides), facial oil (to lock in moisture), creamy day moisturizer (instead of a lighter lotion) and, later, a night mask (to help hydrate skin while you sleep).

PHOTOGRAPHY, EVAAN KHERAJ. HAIR, NINA FARRAUTO/REDKEN/PLUTINO GROUP. MAKEUP, SHERI STROH/GREEN BEAUTY/PLUTINO GROUP

"Just like you layer your clothes in the winter, layer your skin-care products," she says. In other words, for optimal hydration, more is better.

If your current routine is simply a one-two punch of cleanser and moisturizer, layering on so many products may seem daunting. Don't worry—it's easier than it seems. "After you've cleansed and toned the skin, you've pretty much optimized the moisture levels," says Charmaine Cooper, education manager for The International Dermal Institute and Dermalogica Canada. "Then, layer on the smaller molecules first and work up to the larger molecules, which help seal the skin's barrier," she says. After cleansing, start with the thinnest formulas and move to the thickest: essence, then serum, facial oil, eye cream, moisturizer, sunscreen and, finally, primer. Sunscreen is a no-brainer—UVA rays are just as potent in wintertime—but primer has an essential role, too. "A primer like Dermalogica's HydraBlur helps lock in the moisture from all the products you've put onto your skin," says Cooper.

That's a lot of products for one face, but if you're up for this layered approach, your skin will thank you. "Each product has a different effect on the skin and a different set of active ingredients that are going to produce results," says Dr. Terry. Even if you cherry-pick the products that work best for your skin, you'll still see benefits.

Choose products for your layering routine depending on if your skin is dry or dehydrated, or a combination of both. For dry skin, make sure to include a facial oil; these products absorb quickly, support the skin's lipid barrier and won't clog pores. "Lipids protect the skin against the environment, and soothe and calm any irritation," says Dr. Terry. For skin that's dehydrated due to dry air and cold temperatures, you'll need to adjust your moisturizing layer. Dr. Sonya Cook, consulting dermatologist for La Roche-Posay, recommends swapping out your light moisturizer for something more substantial, like a cream or a balm. "They're heavier and they have occlusive ingredients, which prevent moisture loss," she says.

In addition to skin-care products, help keep your skin even more healthy and hydrated by using a humidifier. "I recommend humidifiers to all my patients, especially patients with eczema," says Dr. Cook. Optimal humidity levels are between 30 and 40 percent, but in winter, humidity takes a nosedive—especially indoors. "Try using a cool-air humidifier in the bedroom set to 30 percent," says Dr. Cook. The humidifier will add moisture back into the air, and your skin will drink it in while you catch some z's.

INSTEAD OF SLAPPING ON A BUNCH OF CREAM WILLY-NILLY, FOLLOW THIS TARGETED ORDER.



1. Biotherm Life Plankton Essence, $67, biotherm.ca. 2. Lise Watier Sublimessence High Concentration Age-Defying Serum, $84, lisewatier.com. 3. Kiehl's Daily Reviving Concentrate, $51, kiehls.ca. 4. Caudalie Polyphenol C15 Anti-Wrinkle Eye & Lip Cream, $45, caudalie.com. 5. La Solution 10 de Chanel, $106, thebay.com. 6. La Roche-Posay Anthelios Ultra-Fluid Lotion SPF 60, $28, en.laroche-posay.ca. 7. Dermalogica HydraBlur Primer, $62, buy.dermalogica.ca.

frost bites

We have the solutions to your winter skin woes.

Glow getter

The more dead skin cells that sit on your skin, the less luminous it looks. "Exfoliating is critical," says Charmaine Cooper, education manager for The International Dermal Institute and Dermalogica Canada. In wintertime, she recommends exfoliating two or three times a week. Every time you exfoliate, you remove the top layer of dead cells. Sloughing them away encourages the natural cell-renewal process, explains Cooper, which reveals new, moist cells at the skin's surface.
Jouviance Gentle Purifying Scrub, $24, jouviance.com.

Turn down for what?

Don't crank up the hot water when you bathe or shower. "Hot water dissolves lipids and strips them away from your skin," says Dr. Sonya Cook, consulting dermatologist for La Roche-Posay. It's also a good idea to apply a body oil or moisturizer after bathing, when your skin is still damp. "This seals in the moisture while emollient humectants lock it into the skin," says Cooper.
Lipidol After Shower Oil, $9, walmart.ca.

Lip saver

"Watch out for lipsticks that are strong in artificial colour and fragrance," says Cooper. "They can be very drying." Lock in moisture with a thick ointment-style balm instead.
Vaseline Lip Therapy Tin in Rosy Lips, $4, vaseline.ca.

Show of hands

During the winter, constant hand washing (in an effort to ward off the flu) often results in dry hands. "Wash your hands using lukewarm, not scalding, water, and apply moisturizer regularly," says Dr. Terry Loong, a London, England, dermatologist and global skin-care expert for The Body Shop.
The Body Shop Hemp Hand Protector, $20, thebodyshop.ca.

The outsiders

Winter running or cross-country skiing gets your blood circulating and helps you achieve a glowing complexion. On the flip side, however, whipping winds and continually wiping away tears with your gloves can cause microtears. Prevent skin damage by using a barrier cream or a hydrating face mask before exercising outdoors.
Dermalogica UltraCalming Barrier Repair, $56, buy.dermalogica.ca.



Hydrate dry skin and repair your moisture barrier with rich oils for face and body.

DO YOU HAVE DRY SKIN? WE'VE GOT TIPS FOR APPLYING MAKEUP AT *canadianliving.com/freshface.*

PHOTOGRAPHY, GEOFFREY ROSS

GIFTS THAT GIVE BACK

FIVE MINUTES WITH

Meghan Markle

ACTOR



CANADIAN CLOTHING retailer Reitmans caused a stir last summer when the company announced Meghan Markle, an American by birth, as its new brand ambassador. Though she hails from Los Angeles, Meghan says she feels like an honorary Canadian because of the time she spends in Toronto filming the TV series *Suits*. Frankly, we can't think of anyone better to reinvigorate the Reitmans brand. Meghan is smart, funny and hell-bent on enjoying life as an actor (check out her lifestyle website, thetig.com). Not only that, she's making a difference as a UN Women's advocate, where she supports women's leadership and political participation. Meghan chatted with us about her love of fashion and women's empowerment. — *Andrea Karr*

How does your style compare with your character's on *Suits*?

Rachel is polished and classic. I love monochromatic outfits, so Rachel's wardrobe reflects that. The biggest difference between Rachel's wardrobe and mine is that I'm a California girl, so my clothes have a more relaxed quality.

Why collaborate with Reitmans?

So often, I have young women come up to me and say, "Oh, my God, I love what Rachel wore on last week's episode. Where do I get that skirt?" And when I say it's a $3,000 Prada skirt, I can see how disappointed they are—it's not attainable. Now, people see me wearing great clothes in my campaigns and they can get them at Reitmans. That feels really cool to me.

What's the best styling tip you've ever received?

Tailor it. Make it fit your body. I don't care if you buy a $40 blazer; if tailored properly, it's going to look like a $1,000 blazer.

What do you love about working on your website, The Tig?

I write pieces on self-empowerment and women's rights, and I put them in the beauty section. I don't see beauty and empowerment as separate things. My work with UN Women spawned from The Tig. I made a speech about gender equality in front of thousands of people. It's exciting to see the impact, especially on young women.

"This is my walking-the-dog or going-to-brunch coat. It feels cozy but still styled." *Parka, $130, reitmans.com.*



"I do a mask at least once a week because my hair gets put through the wringer on set." *Oribe Signature Moisture Masque, $66, beautymark.ca.*



FEEL-GOOD BEAUTY

Purchase one of these three beauty gifts and you'll contribute to charity at the same time.



Plum dandy

The Body Shop has partnered with WaterAid, a charity that improves access to safe water around the world. For each holiday product purchased (including the Frosted Plum Feel Good Tin, above), The Body Shop will finance one day of safe drinking water for an Ethiopian family. *The Body Shop Frosted Plum Feel Good Tin (includes Sugar Plum Body Butter, Shower Gel, Sugar Scrub and Body Lotion), $25, thebodyshop.ca.*



Good scents

Twentysix is a holiday fragrance created by custom perfume bar Aromachology and Natasha Koifman, board chair for Artists for Peace and Justice, a nonprofit that works to eradicate poverty around the world. There are 26 ingredients distilled into a rich oil, including Haitian vetiver, a fragrant grass. Fifty percent of proceeds will support education, health care and business development in Haiti. *Twentysix by Natasha Koifman for Aromachology, 50 mL, $75, 26forpaj.com.*



Sugar lips

Fresh's Sugar Lip Treatment has partnered with (Red), a nonprofit organization created by Bono and Bobby Shriver in 2006. Twenty-five percent of the retail price will be donated to the US Fund for the Global Fund, which fights AIDS, tuberculosis and malaria in Africa. *Fresh Suga(Red) Lip Treatment, $26, sephora.ca.*

PHOTOGRAPHY: JAKE ROSENBERG (MARKLE)


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GROWN-UP *Glam*

Reporter Wency Leung swaps her college-girl style for a more professional image.

BY ANDREA KARR & JULIA McEWEN



"This experience has given me a bit of a push to experiment and discover what works for me."

WENCY LEUNG
AGE 37
Newspaper reporter

BACKSTORY Wency Leung has her hands full. The reporter, violinist, wife and mother of two-year-old Nora has had little time to swap her university-student style for a polished, professional look. "When you're trying to manage family, work and social obligations," says Wency, "updating your wardrobe or trying a fresh hairstyle falls pretty easily to the bottom of the list." But after returning to work following a maternity leave, Wency is ready to say goodbye to jeans, ponytails and a bare face in favour of a brand-new look that matches her outer appearance with her inner confidence.

Jacket, $240, Banana Republic. Top, $70, Ann Taylor. Pants, $88, White House Black Market. Necklace, $30, and bracelet, $28, Topshop. Circus by Sam Edelman booties, $195, Stance. All clothing and accessories available at shopsquareone.com.

PHOTOGRAPHY, JACLYN LOCKE (AFTER PHOTO); GENIA SHAPIRA (BEFORE PHOTO). MAKEUP, SHERI STROH/GREEN BEAUTY/PLUTINO GROUP

MAKEUP Plutino Group makeup artist Sheri Stroh subtly enhanced Wency's natural good looks, emphasizing her gorgeous skin, and keeping the makeup fresh and polished. The plan of attack: Stroh applied light-coverage foundation with subtle highlights on her cheekbones and defined eyebrows. The main focus, however, was her lips. "Wency has full lips with a nice shape," says Stroh, "so a punch of colour was the way to go—but nothing too crazy." She chose a bright orchid to match the bright colour manicurist Melissa Forrest chose for Wency's nails.

HAIR Since Wency is a busy mom, Schwarzkopf Professional's Paul Pereira wanted to give her a look that would be fun but easy to maintain. He bleached a few bottom-layer panels of hair and coloured them bright red, then he added a gloss to the rest of Wency's black hair for shine. Pereira snipped Wency's mane into a long, layered bob—anything shorter would have released a cowlick at the base of her neck. To style, he smoothed light oil over the lengths and ends for increased shine, then blow-dried her hair in layers with a large round brush. He also flatironed the ends "to give a more modern edge to the bob," he says.

FIND OUR FAVE FACE MASKS TO ENHANCE YOUR SKIN'S RADIANCE AND HYDRATION AT *canadianliving.com/facefirst.*



"We chose magenta nails because Wency also has playful colour in her hair. The pop on the nails brought her out of her shell."

— Melissa Forrest

SKIN When Wency enjoyed a relaxing skin treatment at Spa My Blend by Clarins in Toronto, Clarins Division boutique and spa development director Régine Perron noticed that her face was a little oily in the T-zone and dull and uneven elsewhere. For women with similar concerns, Perron recommends exfoliating twice a week with a micrograin scrub. "Massage your face for a minute, using circular movements with your fingertips," she says. Focus on problem areas—oily, blemished or uneven spots. Proper exfoliation will remove dead skin cells to promote a brighter complexion and will help skin-care products to better penetrate the skin. Perron also recommends a weekly mask with brightening ingredients, such as vitamin C or azelaic acid, and a tinted moisturizer with light-reflecting properties to even skin tone.

TOOLBOX



BC Hairtherapy Oil Miracle Light Finishing Treatment, $39, schwarzopf-professional.ca.



Bite Beauty Luminous Crème Lipstick in Violet, $28, sephora.ca.

Quo by Orly Gels in Little Miss Sunshine, $10, shoppers drugmart.ca.



Clarins Gentle Refiner Exoliating Cream with Microbeads, $34, clarins.com.

WARDROBE Minimalism speaks to Wency's style sensibilities, but she says, "My wardrobe lacks sophistication." Cynthia Florek, style expert for Square One Shopping Centre in Mississauga, Ont., set out to add polish to Wency's style while finding clothing to flatter her long torso and lengthen her petite frame. "I kept to black and white but added lots of texture to bump up the look," says Florek. A structured moto jacket slung over an A-line blouse with tiered detailing helps shorten the look of her torso, while flared trousers and pointed-toe booties add length to her legs. "If you're really into black and white, that's when you should introduce bold accessories to add some excitement," says Florek.

VERDICT "It feels pretty great when you've got your act and look pulled together," says Wency. "This experience has given me a bit of a push to experiment and discover what works for me."

EXPERT PANEL



SHERI STROH
Plutino Group makeup artist



PAUL PEREIRA
Schwarzkopf Professional essential looks artist



MELISSA FORREST
Shoppers Drug Mart nail artist and spokesperson



RÉGINE PERRON
Clarins Division boutique and spa development director



CYNTHIA FLOREK
Square One Shopping Centre style expert

PHOTOGRAPHY, ALVARO GOVEIA (STROH)

Velvet Crush

No longer reserved for black-tie affairs, the velvet blazer is this season's signature piece for any occasion. Here's how to work it four different ways. **BY JULIA MCEWEN**

Office Supplies

Pantsuits not your style? Try a blazer and tweed trousers with an architectural tote. The feminine flourishes balance the masculine elements.



***Blouse**, $100, winners.ca. **Booties**, $130, aldoshoes.com. **Pants**, $110, banana republic.ca. **Bag**, $360, eccocanada.com. **Ring**, $25, tristanstyle.com.*

THE TREND
Topshop velvet blazer, $115, thebay.com.



Party Perfection

Strike a bold note at your next festive bash by partnering a fancy frock with this swish velvet topper. Keep things shining with gilded accessories.



***Bracelet**, $12, joefresh.com. **Earrings**, $20, express.com. **Dress**, $649, ted baker.com. **Clutch**, $45, lechateau.com. **Shoes**, $80, lechateau.com.*

Lunch Date

Rich colours look best when paired with an equally opulent hue, like the emerald green of this blazer. The plush material ups the luxe factor.



No need to add jewellery to your outfit when you have built-in bling.

***Printed pants**, $110, bananarepublic.ca. **Fedora**, $20, winners.ca. **Topshop top**, $70, thebay.com. **Booties**, $130, winners.ca. **Watch**, $85, timex.ca.*



"If I need an ensemble that's equal parts polished and casual, I pair my black velvet blazer with a crisp white tee, slim jeans and suede pumps."

— JULIA MCEWEN,
FASHION & BEAUTY DIRECTOR

Weekend Ease

Layer a sophisticated blazer over a casual black hoodie. The juxtaposition is unexpected yet cohesive.



A simple mock-neck dress takes the relaxed style one step further.

***Dress**, $60, hm.com/ca. **Tuque**, $50, aritzia.com. **Sneakers**, $28, oldnavy.ca. **Hoodie**, $50, joefresh.com.*

PHOTOGRAPHY, CHRIS NICHOLLS (PORTRAIT)



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*vs. Poise. **based on average U.S. consumer usage. †while supplies last.



Trade in your tortoiseshells for a pair of colourful specs. Green frames tend to work best on brunettes.



Cashmere ***turtleneck***, *$60, winners.ca.*

GOING GREEN

If you thought you'd never wear an emerald dress, a pair of jade slacks or spinach pumps, think again. Embrace this earthy tone and you'll revitalize your wardrobe in the process. All the inspiration you need is right here.

BY JULIA McEWEN
MODEL PHOTOGRAPHY BY JACLYN LOCKE

Wear a little...

If you're truly colour-phobic, try incorporating small hits of green accessories. They don't need to match; in fact, they shouldn't! Varying the shades will give your look more dimension. Feeling confident? Try green slacks—we chose a rich forest-green shade. ***Vest**, $195, and **ring**, bananarepublic.ca. **Top**, $25, winners.ca. **Pants**, $46, reitmans.com. Anni Shades **glasses**, josephson.ca. **Necklace**, **bracelet** and **booties**, hm.com/ca. **Cross-body bag**, eccocanada.com.*

HAIR AND MAKEUP, ANIYA NANDY/ARBONNE/PLUTINO GROUP. PHOTOGRAPHY, THINKSTOCK (FABRIC)

Splurge!



***Watch**, $699, swarovski.com.*



*Lace **dress**, $50, hm.com/ca.*



*Topshop **midi skirt**, $120, thebay.com.*



*Suede **pumps**, $125, ninewest.ca.*



*Topshop faux-fur **scarf**, $55, thebay.com.*



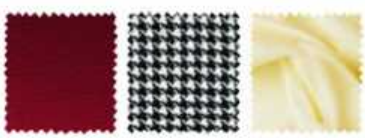
*Babaton silk **dress**, $145, aritzia.com.*



Black and green, in any shade, make a beautiful friendship. Teamed up, they're slimming and sophisticated.

POWER COUPLES

Basics such as black, white and petal pink complement green beautifully. For a bolder contrast, experiment with oxblood leather, houndstooth and buttermilk.



Wear a lot...

Elegant and polished, a look dominated by emerald green ensures that all eyes will be on you—without being showy about it! Increase the luxe factor by adding texture with nubby fabrics such as tweed, faux fur or fringe.

***Coat**, $150, marshallscanada.ca. **Dress**, $129, anntaylor.com. **Earrings**, aldoshoes.com. **Ring**, swarovski.com. **Shoes**, hm.com/ca.*

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Weather YOUR WORKOUT

When winter hits, does your fitness routine stop cold? Here's how to keep exercising outdoors when temperatures drop, plus tips for dressing so you stay warm, dry and safe as you move.

BY JILL BUCHNER

PHOTOGRAPHY: JP DANKO/STOCKSY UNITED



START THE DAY BRIGHT

Dark, chilly winter mornings can make hitting the snooze button instead of exercising all the more tempting, but waking up to work out doesn't have to feel like a chore.

Buy a room-brightening alarm clock to create early daylight or set your favourite energizing music on a timer to wake you and get you in the mood.

Prep the night before. If your bag is packed, your shoes are waiting, lunches are made and meals are planned, you're more likely to stick to your fitness program, says Kim Lavender, national director of team training at GoodLife Fitness. She recommends that you treat fitness like an appointment you can't miss. Whether you prefer to get moving in the morning, at lunch or after work, make time for it in your schedule—and stick to it.

Buddy up. Find a workout partner or join a group so you'll be more inclined to take part.

LEARN TO LOVE THE COLD

Don't let your love of outdoor walking, running or biking drop along with the temperatures.

Dress warmly—and strategically—for your activity. Choose sweat-wicking and breathable fabrics to wear close to your body, and wind- and waterproof materials for your outerwear. (See page 25 for more layering tips.)

Warm up. Cold muscles are more likely to get injured, so you need a dynamic five- to 10-minute warm-up indoors to properly activate the muscles. Tricia Kawahara, certified strength and conditioning specialist at Inspiration Training in Calgary, recommends incorporating moves such as low lunges with knee hugs, a lateral shuffle and dynamic toe touches to help you feel good before you head outside.

GET CROSS-TRAINING

A change in weather offers an opportunity to change your workout. Challenge yourself to a new activity to use different muscles and improve your performance in your regular sport or activity.

Switch it up. "Hang up those running shoes and hook on the skis and snowshoes," says Kawahara. Snowshoe running, hiking and cross-country skiing are great ways to keep up your endurance while enjoying the winter and improving your cardiovascular health.

Head indoors. Work out at a gym to develop muscles you may have ignored with your summer fitness routine. "If you've spent the summer running," says Lavender, "make sure your hamstrings haven't become too tight, your quad strength hasn't overpowered your hamstrings and your glute power is still there."

Try yoga. If you're a runner in the warmer months, yoga can offer a chance to restore muscle balance in the winter, says Lavender. Plus, hot yoga offers steamy relief from the cold.

HEAT IT UP AT HOME

There's no reason you can't get moving at your place. "There are tons of things you can do with very limited equipment and limited space that still reap the benefits of something more elaborate," says Lavender.

Designate a space for exercise or move some furniture out of the way when you want to work out at home.

Use an online video or an exercise DVD to help guide your workout. "Just ensure that you're trying something suited to your fitness level that's from a credible source," says Lavender.

ILLUSTRATIONS, THINKSTOCK

LAYER 1 ALL ABOUT THAT BASE



1. A reversible hat made with moisture-wicking material eliminates sweat, which makes your head cold. *Greenlight beanie, $35, brooksrunning.ca.*

2. The fabric in this top pulls moisture away from your skin, then pushes it out to evaporate. *Body 1 Drirelease top, $50, kombicanada.com.*

3. Tech-tipped index fingers on these gloves mean you never need to expose your hands to the elements—and the slim fit is easy to layer over. *Run With Me gloves, $28, lululemon.com.*

4. This water bottle keeps your beverage warm or cold, whether you're cooling down from hot yoga or trying to warm up at the skating rink. *S'well water bottle, $40, indigo.ca.*

5. Slim, stretchy and breathable, these leggings slip easily beneath a pair of pants and are gusseted so they move with you. *Icebreaker Vertex leggings, $125, sportinglife.ca.*

6. Tall socks keep ankles cozy, while ventilated zones help prevent sweating. *SmartWool PhD socks, $35, sportinglife.ca.*

LAYER 2 HEAT ZONE



1. Thermo-conductive technology on the lining of this sporty hoodie both absorbs and retains your body heat. *ColdGear Infrared Isa full-zip hoodie, $90, underarmour.ca.*

2. This sweat-wicking neck warmer can be pulled up to your nose, and it doubles as a hood when you need it. *Run Fast neck warmer, $28, lululemon.com.*

3. Moisture-wicking merino wool keeps you warm and dry. (Tip: Size up if you plan on layering over another pair of tights.) *Adidas by Stella McCartney seamless houndstooth wool leggings, $100, sportinglife.ca.*

4. If you're an avid skier, hiker or snowshoer and plan to spend long hours in the cold, it might be worth investing in heated socks that guarantee continuously warm feet. A battery pack attaches at the top, and you can adjust the temperature to your liking. *Therm-ic PowerSocks, $300, sportinglife.ca.*

PHOTOGRAPHY, DANIEL HARRISON

LAYER 3 SHELL OUT

Your outer layer should keep wind and water out.



1. This super-warm coat isn't super-thick, because it uses Omni-Heat (tiny reflective dots) to reflect your body heat back to you rather than relying solely on bulky insulation to keep you warm. The shoulders, sleeves and hood are waterproof, while the body is breathable to prevent excess sweating. *Heatzone 1000 TurboDown jacket, $550, columbiasportswear.ca.*

2. These water-resistant and windproof mitts have an adjustable strap at the wrists to trap heat inside. Use the mitten "leashes" so you don't lose them when you take them off. *La Sportive mitts, $60, kombicanada.com.*

3. Every winter runner or walker needs a flashlight to see and be seen on those dark mornings and evenings. This one sits at your waist on a pivoting mount to light the path at your feet or expose obstacles in the distance. *Tiger Tail FlashLite belt wrap, $20, mec.ca.*

4. Waterproof yet breathable, these pants keep you warm in the snow with heat-reflective technology. *Veloca Vixen pants, $180, columbiasportswear.ca.*

5. Waterproof trail shoes with tungsten-carbide spikes underfoot help prepare you for rain, snow and ice on your run or hike. *Merrell All Out Terra Ice waterproof hiking shoes, $180, merrell.ca.* ●

WHEN TO MOVE IT INSIDE

Extreme cold isn't worth the risk, so before you head out, have a look at the forecast. A strong wind chill causes your body heat to drop faster and can lead to frostbite or hypothermia. Follow this guide:

TEMPERATURE	EXPOSED SKIN CAN FREEZE IN
-28°C to -39°C	10 to 30 minutes
-40°C to -47°C	5 to 10 minutes
-48°C to -54°C	2 to 5 minutes

This content is vetted by medical experts at WCH Women's College Hospital

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EVERY STEP YOU TAKE

Fitness trackers—including the Fitbit and the Apple Watch—are all the rage. But are they making us any healthier? Our experts answer this, and other FAQs.

BY TRALEE PEARCE



For the fitness buff
Garmin Vivofit 2, $120, garmin.com.

For the fashionably fit
UP2 by Jawbone, $120, jawbone.com.

For the tech-obsessed
Apple Watch, from $449, apple.ca.

For the health overhauler
Fitbit Charge HR, $180, fitbit.com.

How accurate are these trackers? It may vary by tracker (wearable device or app), many of which have not been publicly tested. Research on some smartphone apps, for instance, has turned up discrepancies in distances travelled, with apps either over- or underestimating how many steps you're taking when compared with more sophisticated treadmill measurements. Be cautious about focusing on specific numbers, especially when it comes to calories, as studies show apps (and even treadmills, for that matter) aren't necessarily accurate, says Mary Jung, assistant professor and health researcher at The University of British Columbia.

That said, both types of trackers are useful for recording your own trends. "As long as you're comparing yourself with yourself over time, you're going to see changes in your life relatively accurately picked up," says Greg Wells, associate professor and physiology and kinesiology researcher at the University of Toronto. These changes might include increasing the amount you walk or run each day, improving your heart rate and reducing the amount of time you sit. Wells has had success with the Apple Watch while training for an Ironman competition, and using apps such as Runkeeper and Strava for cycling.

Do they help us get more fit? The short answer is yes, says Wells, because the data can be motivating. Adds Jung: "They provide an opportunity to see whether you are doing more or less than you did yesterday, and reminders encourage you to get up and be active."

That's particularly helpful for sedentary people who want to be more active, says Wells. About 85 percent of Canadians aren't active enough to help prevent chronic illness. "Knowing how much you're walking and moving is powerful information," he says, "and most people need to improve those numbers."

When don't they work? Another major critique of trackers is they don't yet offer context for the numbers they record—why are Tuesdays your worst day for walking or why did your running pace slow down over the week? Not surprisingly, about a third of devices get abandoned after six months. But, as Wells points out, that's actually not a bad statistic. "It means about 70 percent are still using them," he says. "That's a massive success story."

How can we overcome the devices' (and our own) shortcomings? Choose the right tracker. "The best ones will provide users with weekly or monthly reports so they can self-monitor and use the data to self-reflect," says Jung. If you're honest with yourself, you can see if what you're doing is getting you toward your goals, she adds.

Do I have to wear my device every day? No, you can wear it strategically—one day a week or even every two months. If you want to wear it daily, go for it, says Wells, "but if you feel it's onerous or annoying, put it in your desk drawer and set a reminder in your computer to wear it again in six weeks to see how things are going."

This content is vetted by medical experts at WCH Women's College Hospital

PHOTOGRAPHY, DANIEL HARRISON



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- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.



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BRIDGING THE GAP

A new pill promises to help some women regain lost desire, but what does that say about how we regard female sexuality?

BY MARCIA KAYE
ILLUSTRATIONS BY CATHERINE LEPAGE



Marie used to enjoy some form of sexual activity a few times a week. "I wanted to have sex. I had desire, and there were specific things that really turned me on," says the 34-year-old corporate vice-president from Vancouver (who asked us not to use her real name). But then, gradually and almost imperceptibly, her libido began to wane. Both she and her common-law partner of three years have big jobs, his necessitating a lot of travel, and sex became less of a priority. When he became upset about a half-year dry spell, Marie responded, "It's been six months? Whoa! I didn't even notice." Surprised and disappointed that her sex drive had vanished, she's spent the past two years trying to get it back.



Erotic videos that used to excite her no longer do. She's tried stress management, meditation and body mindfulness—nonjudgmental awareness of sensations—through a University of British Columbia sexual health program for women with low desire. Nothing has worked yet. On learning there's a new medication to treat women's sexual desire problems, Marie says enthusiastically, "I would absolutely consider that, 100 percent. It's about time there's something available to us females."

Marie is one of millions of women around the world who, along with their partners and their doctors, are paying close attention to a pink pill called flibanserin. Its trade name is Addyi (pronounced "*add*-ee"), and it's been dubbed the female Viagra. It isn't available in Canada yet, but it became big news when the U.S. Food and Drug Administration approved it in August 2015—the first FDA-approved treatment for acquired, generalized hypoactive sexual desire disorder (HSDD). Addyi has been available by prescription in the U.S. since mid-October.

HOW SIGNIFICANT WAS THE FDA'S DECISION?

"It's huge," says Dr. Anita Clayton, professor of psychiatry and neurobehavioural sciences and professor of clinical obstetrics and gynecology at the University of Virginia School of Medicine in Charlottesville. "With Viagra, men have had treatment for sexual dysfunction for 17 years, but women are told, 'You're just stressed. Have a date night, go on vacation, eat some chocolate.' Women don't want to be patted on the head. They want treatment." Dr. Clayton, whose research focuses on women's sexual function and mental health, helped develop some of the assessment tools for flibanserin's clinical trials.

It's worth pointing out that Dr. Clayton is a paid consultant (but not a spokesperson) for Sprout Pharmaceuticals, the North Carolina company that's behind flibanserin. And while she doesn't stand to benefit financially from the FDA's approval of this or any other drug, others will. Just two days after flibanserin's approval, the Canadian pharmaceutical company Valeant Pharmaceuticals International, based in Laval, Que., bought Sprout for about $1 billion. (Sprout expects to submit an application for Addyi's approval to Health Canada by the end of 2015.)

Could Addyi really be the magic bullet people have been waiting for—the libido lifter that will rekindle our dormant passions and zoom us into the sexual stratosphere?

Not so fast, say some researchers. "The good news is the FDA is taking women's sexual problems seriously, but the not-so-good news is that the trials investigating the efficacy of Addyi were not based on rigorous science," says Meredith Chivers, a leading investigator in female sexuality research and associate professor of psychology at Queen's University in Kingston, Ont. "The underwhelming results of the clinical trials suggest that flibanserin may have quite modest effects limited to a small proportion of women." While sex drugs for men help them get an erection to match their libido, Addyi is intended only to boost sexual desire. It's not designed to improve physiological arousal such as vaginal lubrication, nor does it claim to have any effect on orgasm.

WHAT IS ADDYI?

"It's been dubbed the female Viagra, but nothing could be further from the truth," says Lori Brotto, associate professor of obstetrics and gynecology at The University of British Columbia in Vancouver and director of the UBC Sexual Health Laboratory.

Viagra (sildenafil citrate) is an erectile-dysfunction treatment for men who want to have intercourse but can't. Taken up to four hours before sex, it helps a man get and keep an erection. Addyi, on the other hand, is taken every night and acts on chemicals in the brain that are believed to affect desire; it takes two to four weeks to notice effects, though desire may continue to improve beyond eight weeks. (See "Why Addyi Is *Not* the Female Viagra" on page 33.)

DO YOU HAVE A DESIRE DISORDER?

This questionnaire, developed by psychiatrist and Addyi proponent Dr. Anita Clayton and her co-authors, can help you open up a conversation with your health-care provider about hypoactive sexual desire disorder (HSDD).

DECREASED SEXUAL DESIRE SCREENER (DSDS)

1. In the past, was your level of sexual desire or interest good and satisfying to you? ☐ NO ☐ YES

2. Has there been a decrease in your level of sexual desire or interest? ☐ NO ☐ YES

3. Are you bothered by your level of decreased sexual desire or interest? ☐ NO ☐ YES

4. Would you like your level of sexual desire or interest to increase? ☐ NO ☐ YES

5. Please check all the factors that you feel may be contributing to your current decrease in sexual desire or interest:

A. An operation, depression, injuries or other medical condition ☐ NO ☐ YES

B. Medication, drugs or alcohol you are currently taking ☐ NO ☐ YES

C. Pregnancy, recent childbirth, menopause symptom ☐ NO ☐ YES

D. Other sexual issues you may have (pain, decreased arousal, difficulty achieving orgasm) ☐ NO ☐ YES

E. Your partner's sexual problems ☐ NO ☐ YES

F. Dissatisfaction with your relationship or partner ☐ NO ☐ YES

G. Stress or fatigue ☐ NO ☐ YES

- *If you answered NO to any of Q1, 2, 3 or 4, you don't qualify for a diagnosis of HSDD.*
- *If you answered YES to Q1, 2, 3 and 4, and NO to all parts of Q5, you qualify for a diagnosis of HSDD.*
- *If you answered YES to Q1, 2, 3 and 4, and YES to any of the factors in Q5, your health-care provider should follow up. You may or may not qualify for a diagnosis of HSDD.*

Addyi was originally developed to treat depression, and while it failed in that regard, the drug is believed to boost dopamine and norepinephrine, the neurotransmitters that act as the gas pedal for sexual desire, and decrease serotonin, which acts as the brake. "Nobody knows exactly how flibanserin works," says Chivers. "There are no studies to fully understand the mechanics." And, points out Brotto: "The reality is there are no studies showing that low desire in women is a result of an imbalance in brain chemistry." Nor is there a consensus on what "normal" desire is.

But if it works, do we really care why or how? "My concern," says Brotto, "is that flibanserin may be prescribed to women who are very different from the women in the trials."

WHEN DESIRE IS A PROBLEM

Low desire isn't necessarily a medical problem, but it can cause individual or relationship difficulties. "I kind of feel like I'm broken," says Christina Parent, a 30-year-old Metro Vancouver furniture maker who, despite excellent health, doesn't want sex with her caring, supportive boyfriend more than twice a month. "I feel like there's something wrong with me." About 10 percent of women of all ages have a low libido that causes personal distress.

The women in the pivotal flibanserin trials were a narrowly selected group: They were all premenopausal, they ranged in age from 19 to 54 (with an average age of 36) and they were in caring, long-term monogamous heterosexual relationships. They had no chronic physical or mental illnesses such as diabetes or depression, and they weren't taking any of a long list of medications that included sedatives, hormones and antidepressants. All had been diagnosed with hypoactive sexual desire disorder (HSDD), defined as an unexplained persistent lack of sexual thoughts, fantasies, interest or desire to engage in sex, causing distress.

Addyi is only for women with a specific type of HSDD. First, it has to be "generalized," meaning that no situation—not even a month in Tahiti—could entice them to get it on. Second, it has to be "acquired," meaning they used to have a satisfactory level of desire at one point in time. Women in the trials said they wanted "that part of my life back," "the old me," "to be the woman my husband married."

Addyi aims to restore lost sexual desire; it can neither create it nor increase it beyond what you once had. Addyi also makes no claims to enhance sexual performance. And it's not approved for postmenopausal women, although initial studies suggest similar results as in premenopausal women.

PROCEED WITH CAUTION

Like many medications, Addyi comes with risks. Its label warns that the drug may cause:

FAINTING AND DANGEROUS DROPS IN BLOOD PRESSURE, especially when combined with alcohol. Patients are asked to sign a form stating they understand they should not drink any alcohol the entire time they're on Addyi.

DIZZINESS AND SLEEPINESS. It's recommended to take it at bedtime.

FATIGUE, INSOMNIA AND DRY MOUTH.

Plus, combining Addyi with certain antibiotics, antifungals or calcium channel blockers may increase blood levels of Addyi.

Doctors who prescribe Addyi and pharmacists who dispense it must have specific training and certification by completing online reading and testing on the drug. As none of the FDA-approval trials went beyond 18 months, there are no long-term safety studies.



A RANGE OF RESULTS

At the start of the clinical trials for FDA approval, the women were having sex, on average, three to five times a month, only 2½ of which they rated as "sexually satisfying events" (SSEs), defined as intercourse, manual sex, oral sex or masturbation, with or without orgasm but nevertheless personally satisfying. After six months, the women on Addyi reported an average increase of between one-half and one SSE per month compared with the women taking the placebo—a modest change by any measure. "Look, this drug is not going to make you want to take your clothes off when you're driving down the highway," says Jim Pfaus, a professor of psychology and neuroscience at Montreal's Concordia University, who conducted early animal studies of flibanserin.

But Dr. Clayton says the numbers may be better than they first appear. One-quarter of the women were considered very good responders to the drug, with six to eight more SSEs a month. The women who had more modest results nevertheless considered them significant, and the FDA agreed. Plus, adds Pfaus, the drug was meant to increase desire and decrease stress, not necessarily result in SSEs. Still, 40 to 54 percent of the women reported no meaningful benefit from either the drug or the placebo.

IS IT FOR REAL?

Since many of the women who took placebo pills also had heightened desire, do we need a drug at all?

The placebo effect, which can be as high as 42 percent, works by changing expectations, explains Cindy Meston, professor of clinical psychology and director of the Sexual Psychophysiology Laboratory at The University of Texas at Austin. "The typical woman who's going to buy this drug will be in her 40s and hasn't been interested in sex for several years," says Meston. "You're no longer emotionally intimate with your partner. That's caused relational problems—fighting, blaming, threats to leave the marriage—and the whole topic of sex becomes taboo. Finally, you think, There's a pill that's going to fix me!

"Right away, you've changed the dynamics of the relationship. Now, you and your partner are a team. You've opened up communication, and your partner is treating you differently. And you get better." So, even if the pill has no physical effect on someone, a couple's mutual decision to focus on intimacy issues may be enough to improve their sex life.



But how much "improvement" do women expect? Hollywood, TV and social media continue to perpetuate crazy-high expectations about sexual desire. In a public FDA meeting about flibanserin, one presenter said, "I want to always desire my husband, and I don't want it to be situational." That's completely unrealistic, says Chivers. "The notion that we have these spontaneous desires that come out of the blue is wrong," she says.

SEXUAL REALITY CHECK

Libido commonly waxes and wanes throughout life, often flagging in pregnancy, after childbirth, during breastfeeding, while raising young children, or in times of overwork, stress, anxiety, fatigue, bereavement or relationship conflicts. Many health conditions can dampen desire, too, such as heart disease, diabetes, arthritis and depression, as can many medications, including blood-pressure drugs and antidepressants.

Some women may think they have low desire when they really have a desire discrepancy with their partner. "People don't like to hear it," says Meston, "but across all ages, from teenage to the 90s, men have a higher drive than women."

While other researchers are still debating that issue, there's general agreement that one of the biggest predictors of sex drive in women is the length of the relationship. "The longer the relationship," Meston says, "the lower the drive." No surprise there: Domestic life relies on consistency and routine, while the erotic thrives on novelty and change. Thea Cacchioni, sociologist and assistant professor of women's studies at the University of Victoria, who testified to the FDA against flibanserin, suggests that the existence of a drug like Addyi may make women feel pressured to feel something that, for a variety of valid reasons, they just don't.

Which raises the question: Is Addyi a feminist issue? Sprout certainly played that card in seeking FDA approval. It helped organize a stylish social media campaign called Even the Score, which argued at its 2014 launch that while men had 26 FDA-approved medications to treat sexual dysfunction, women had none.

It's all just clever marketing, says Cacchioni, pointing out that of those 26 drugs, there are zero FDA-approved drugs for low libido in men, and only eight are FDA-approved for erectile dysfunction.

But the company is sticking to its stance. "I'm definitely a feminist," says Sprout consultant Dr. Clayton, "and I think women can decide for themselves whether or not to take this drug."

WHAT'S NEXT?

While flibanserin is the first approved treatment for desire disorders, it won't be the last. Now in clinical trials:

- **Bremelanotide**, injected under the skin with tiny needles, targets brain chemistry.
- **Lybrido**, testosterone-coated sildenafil (the active ingredient in Viagra) held under the tongue, acts on the brain and genitals.
- **Lybridos**, testosterone-coated buspirone, an anti-anxiety drug, also targets the brain and genitals.
- **Lorexys** combines two antidepressants (bupropion and trazodone) to affect brain chemistry.

It remains to be seen how helpful flibanserin will be, but at the very least, it's opened the door to treatment for women's sexual disorders. Brotto hopes it will prompt physicians to ask their female patients about sexual concerns, as well as encourage further scientific research. "Flibanserin has certainly ignited the conversation about women's sexuality," she says. And that's something we can all get excited about. ●

This content is vetted by medical experts at WCH WOMEN'S COLLEGE HOSPITAL



WHY ADDYI IS **NOT** THE FEMALE VIAGRA

The little pink pill for women and the little blue pill for men have very significant differences.

	ADDYI	VIAGRA
INTENDED TO	Treat sexual desire	Treat erectile dysfunction
TAKEN	Every night	As needed, up to four hours before sex
TARGETS	The brain	The genitals
TIMING	Doesn't show effects for two to four weeks	Starts to work within an hour
COMMON SIDE-EFFECTS	Dizziness, sleepiness, nausea, fatigue, insomnia, dry mouth	Headache, flushing, dizziness, vision changes, upset stomach, stuffy/runny nose, back pain, muscle pain, nausea, rash
ALCOHOL	Must not drink alcohol	May drink alcohol in moderation
DEVELOPED AS	An antidepressant	A heart medication
TESTED	Originally tested on about 11,000 women	Originally tested on less than 4,000 men

Oh, you HEART THROB



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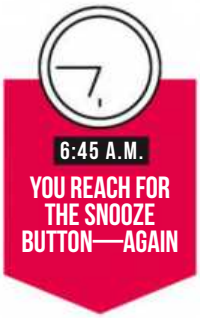
ALL-DAY ENERGIZERS

Is fatigue your constant companion? The solution might be as simple as tweaking what you eat, how much you move or how you handle your daily commute. Here's a look at what could be causing your energy crashes, along with strategies to help you recharge.

BY SYDNEY LONEY



PHOTOGRAPHY, JAMIE GRILL/GETTY IMAGES



HERE'S WHY

"If you just can't seem to get enough rest, no matter how much you sleep, you could have an undiagnosed sleep disorder," says James MacFarlane, director of education at MedSleep in Toronto. Researchers from Université Laval in Quebec City found that 40 percent of adult Canadians have a serious sleep disorder. The most common include insomnia, restless legs syndrome (unpleasant sensations in the limbs and an urge to move them that can jolt you awake) and sleep apnea. Hormonal fluctuations—due to pregnancy, menstruation or menopause—can also wreak havoc on sleep.

HOW TO REBOOT

- Talk to your doctor to rule out a sleep disorder. Some of the latest treatments for insomnia include mindfulness meditation; a study from the University of Southern California, Los Angeles, found that just six meditation sessions can help relieve insomnia and daytime fatigue. Similarly, cognitive behavioural sleep therapy rewires your brain to help you sleep.
- If hormones are to blame, meditation and breathing exercises can assist you, too. Keeping your bedroom a little cooler and wearing breathable pajamas are also great ideas.
- If restless legs syndrome is disturbing your sleep, try cutting back on caffeine, soaking in a warm bath and massaging your legs before bed. Applying heat or cold packs may also reduce the sensations in your legs when you're asleep.
- Set your alarm for 10 minutes earlier so you have time for an energizing stretch, recommends Jasmine Wong, a Victoria-based naturopathic doctor. "Instead of asking your body to go from zero to 60, a few minutes of stretching is a great way to wake up your lymphatic system and to give you more energy to start the day."



A RECENT SURVEY FOUND THAT **NEARLY 4 MILLION CANADIANS** HAVE CALLED IN SICK AT SOME POINT TO CATCH A FEW MORE Z'S.

SOURCE: TYLENOL SLEEP CENTRE



HERE'S WHY

You didn't have time for breakfast, and now you're craving something sweet—and caffeinated. Getting in line for a fancy latte puts you on the fast track to a blood-sugar crash later on, says Laura MacLean, a registered dietitian in Edmonton. "A large specialty coffee can contain the equivalent of 17 sugar cubes."

HOW TO REBOOT

- Have a cup of tea with milk and a little honey if you're craving something sweet. "When you add your own sweetener, you use a lot less," says MacLean.
- Make sure you eat. "Eating every three to five hours has a huge impact on energy," says MacLean. We feel better, she notes, when we eat regularly. "And it's important to get into a good rhythm for the day by having breakfast when you wake up." Not a breakfast person? Grab a handful of nuts and a piece of fruit or reach for an on-the-go smoothie for a healthy start.
- Schedule time to move. Researchers at the University of Georgia found that regular low-intensity exercise decreases fatigue by 65 percent and increases energy by 20 percent. A lunch-break walk, even if it's just 10 to 20 minutes, will do the trick. Or go for a lap around the office on a walking meeting instead of booking a boardroom.
- Take a 10-minute break to clear your workspace. Princeton University researchers discovered that a cluttered desk is mentally exhausting and makes it more difficult to focus.

PHOTOGRAPHY, THINKSTOCK



This content is vetted by medical experts at WCH Women's College Hospital

3 P.M.

YOU JUST WANT TO CURL UP UNDER YOUR DESK

HERE'S WHY

Felled by mid-afternoon fatigue? The burger and fries you ate for lunch might be to blame. "A big lunch takes a lot of energy to digest and store," says MacLean.

HOW TO REBOOT

- Make lunch an actual break. Paying attention to each mouthful as opposed to sending emails between bites will help prevent overeating—and the sleepiness that follows—says MacLean.
- Aim for a lunch that's half fruit and vegetables, one-quarter protein and one-quarter quality carbs (such as whole grains). MacLean's go-to? Whole grain crackers and carrots with hummus. "Complex carbs and protein are a good combo because they give you lasting energy," she says.
- Don't forget to drink. "Our adult bodies are about 60 percent water," says MacLean. "If we don't replace water lost, we become dehydrated, which causes symptoms of headache, fatigue and decreased mental alertness."
- Give your brain a "microbreak" and enjoy the view of a nearby park or city green roof. A new study published in the *Journal of Environmental Psychology* shows that taking just 40 seconds to focus on a view of nature can give a tired brain an energy boost and increase concentration.
- Resist the urge to look for an energy jolt in a cup of java—consuming caffeine six hours before bedtime can make you lose some badly needed sleep.



5:30 P.M.

YOU CAN BARELY KEEP YOUR EYES OPEN ON THE DRIVE HOME

Here's why "You're tired, you've been thinking about work all day and, now, you're still thinking about it," says Wong. She recommends shifting mental gears to reserve energy for home.

HOW TO REBOOT

- Before you get into the car, take a few minutes to look around, says Wong. "Go through all your senses and think about what you see, smell and hear—that change of perspective will give you a break and wake you up."
- If you're already at the wheel and struggling to stay awake, reach for a healthful snack, says Wong. "Keep a bag of trail mix in your car because a little protein and healthy fat will give you the energy burst you need to get you home."
- Crank your top tunes (and maybe even sing along). It may keep you awake, and researchers at the University of Missouri found that listening to upbeat music improves your mood.



8 P.M.

YOU CAN'T MAKE IT THROUGH YOUR FAMILY'S FAVOURITE TV SHOW

Here's why A long day makes it all too easy to sink into the couch—especially when it has been dark since 5 p.m.

HOW TO REBOOT

- Spend some time near a window during daylight hours. In a 2014 study, researchers at the University of Illinois and Northwestern University found that office workers who are exposed to more daylight are more active and alert throughout the day and have better-quality sleep at night.
- Try light therapy. A trial published in the *Archives of General Psychiatry* showed three weeks of treatment can boost your mood in dark months and help you sleep better.

TIRED ALL THE TIME?

We've all battled bouts of fatigue caused by busy schedules or sick kids, says Dr. Catherine Kelly, an endocrinologist at Women's College Hospital in Toronto. But if you're dragging yourself around all the time, see your doctor to rule out these underlying medical conditions.

ANEMIA

Menstruating women with heavier periods are more likely to have low iron, says Dr. Kelly. Anemia can also be caused by injury, poor diet or intestinal disorders such as Crohn's disease and celiac disease. A lack of iron means fewer red blood cells to carry oxygen to your body's tissues, making you feel tired and weak. Eat iron-rich foods (beef, kidney beans, tofu and leafy dark-green vegetables) along with foods high in vitamin C, which boosts iron absorption.

DIABETES

If you have a family history of diabetes, ask your doctor about getting tested. In addition to fatigue, you may notice increased thirst, frequent urination, extreme hunger and unexplained weight loss.

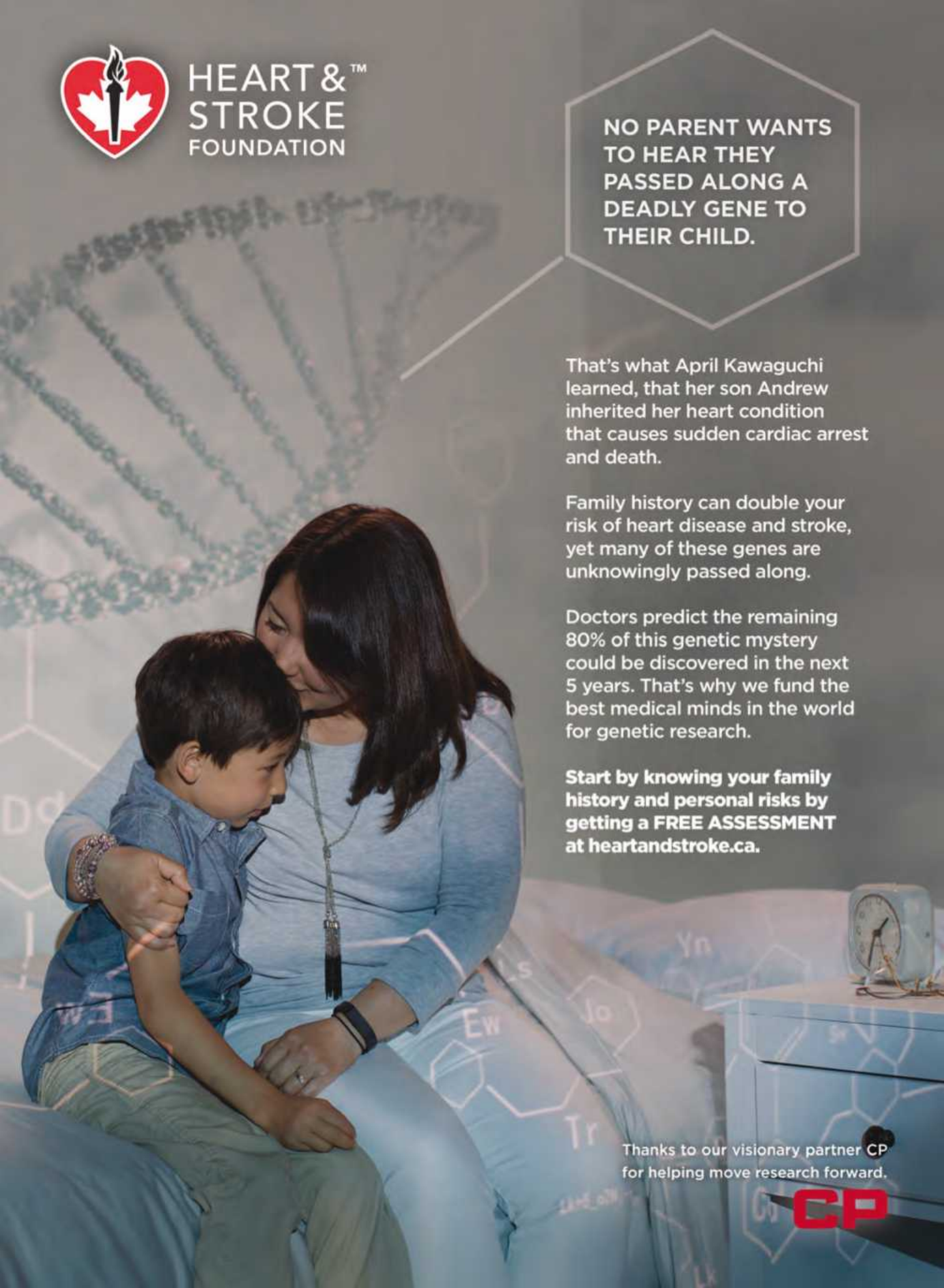
HYPOTHYROIDISM

Most common in women with a family history of the condition, hypothyroidism occurs when the thyroid doesn't produce enough hormones. If symptoms—including fatigue, weight gain and feeling cold—last four to six weeks, see your doctor. "It's an easy condition to treat," says Dr. Kelly. "Most cases involve the daily use of a synthetic thyroid hormone, and it's just about finding the right dose for you."

PHOTOGRAPHY: SHUTTERSTOCK (SALAD, TRAIL MIX); THINKSTOCK (LIGHTBULB)

HEART & STROKE™ FOUNDATION

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That's what April Kawaguchi learned, that her son Andrew inherited her heart condition that causes sudden cardiac arrest and death.

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Thanks to our visionary partner CP for helping move research forward.

CP



PHOTOGRAPHY, VERA LAIR/STOCKSY UNITED

For the ♥ of SCRUFF

A devotion to dogs led our associate editor to Save Our Scruff Rehome & Rescue, an organization that rescues pups in need and finds them forever homes.

BY ANDREA KARR

I LOVE BEBOP, MY MINIATURE PINSCHER, such an absurd amount that I have no problem spending my life catering to his whims. In fact, my heart is so full of love for him that, lately, I've been dreaming of adding a second dog to the family. But my boyfriend, Steve, says our min-pin expenses have already pushed us so far into debt that we'll never see retirement (he's such an alarmist!). So, no second dog. But the next best thing? Volunteering with a dog rescue.

I was first attracted to Save Our Scruff (SOS) through Instagram. Strangely, before I started stalking the organization's feed, I didn't even know dog rescues existed. Sure, I'd heard of animal shelters, but this organization is different: SOS rescues dogs from difficult circumstances, finds foster parents (people who take in dogs temporarily) and sees the pooches through to adoption. SOS's Instagram pics are full of adorable, happy pups lolling around in beds, playing tug of war and posing at the park. Obviously, I had to know more.



Rescue pups have all come from unfortunate situations, they all need good homes and they're all worthy of love.

Andrea Karr with her "soul mate," Bebop.



Bebop, happy at home.

When I got in touch with founder Laura Bye, she told me how the Toronto-based organization focuses on life after rescue and relies mainly on social media to get the word out. "People love that Save Our Scruff is all about positivity," says Bye. Instead of concentrating on the often heartrending backstories of the rescued animals, she prefers that SOS looks to the future, efficiently finding homes for dogs in need so that they can bring in more animals.

Bye started fostering dogs three years ago, after coming across an application on Kijiji. In that moment, the seed for SOS was planted. Bye soon discovered she had a knack for finding pups forever homes, and by 2014, she founded an organization of her own. SOS started out small, bringing in one or two dogs at a time from places such as Mexico, the Dominican Republic, New York and California, and, of course, from across Canada. Her brand of optimism spread, and the team expanded.

Today, Bye, executive director Allison Wills (who joined SOS in February 2015) and their group of 20 dedicated volunteers and more than 150 casual volunteers have found homes for more than 200 dogs.

My work with SOS began as an extension of my daily job skills: I edited the rescue's brochure and foster manual. But, before I knew it, an 18-kilogram Egyptian mutt landed on my doorstep. SOS had named her Sage, and she was a stunning, regal dog with a difficult past. Even though she was almost two years old, Sage had never received proper discipline, and she still acted like a six-month-old puppy that would do everything in her power to get her way. She was both annoying (I had to spritz her in the face with water to keep her from nipping at my toes) and lovable (she enjoyed playing with Bebop and would do anything for a good belly rub). I wanted to foster Sage until she could be adopted, but Steve's allergies acted up, so after a one-week stay, she moved on to a new foster home. Happily, her new host fell in love and ended up adopting her.

Since my first foster experience, I've baby-sat and met a bunch of other fabulous ruffs and learned a lot about rescue dogs: They come in all shapes and sizes, from puppies to seniors and everything in between; some are well trained and some could use a little help; they often have surprising personalities (a mastiff might be gentle, and a Chihuahua full of attitude). Most importantly, rescue pups have all come from unfortunate situations, they all need good homes and they're all worthy of love. If you're thinking of becoming a dog owner, fostering through an organization like SOS is a fine place to start.

Save Our Scruff, and all rescues and shelters, do the important work of saving animals. In many cases, these organizations unite dogs with their forever families. Bebop and I are lucky to have found each other; I hope that, by volunteering at SOS, I can give the same gift to homeless dogs and prospective adopters.

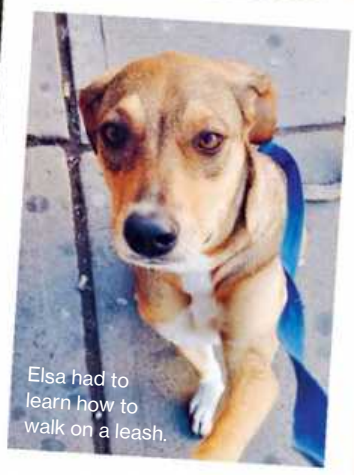
PHOTOGRAPHY, BONNINSTUDIO/STOCKSY UNITED (SNOUT, LEGS); TRACY PETERS (BEBOP AT HOME); ILLUSTRATION, THINKSTOCK (BACKGROUND)



Happy TAILS

After a rough start in life, these pups found a safe and loving home through Save Our Scruff.

BY ANDREA KARR



Elsa had to learn how to walk on a leash.

THE RUNAWAY

Dominican Republic street dog Elsa was timid when she first arrived in Canada. She couldn't walk on a leash, she was scared to pass through doors or enter elevators and she held her bladder for two days straight. Jasmine Dhugha, Elsa's foster mom, tried removing her leash in a fenced-in park in the hopes that she would feel more comfortable. But Elsa bolted and jumped over the fence. "My heart dropped and I starting running," says Jasmine. "Elsa didn't know her name yet, so she wasn't responding to me." Jasmine thought the pup was gone for good, but after many social media postings and search parties were organized, Elsa was found nearly 24 hours later.

After three months, she was adopted by another family, but because of allergies, the adoption was destined to be temporary. Then, Elsa escaped again. "It was heartbreaking," says Jasmine. "I kept thinking, If I had adopted her, none of this would have happened." That night, a team of volunteers scoured the neighbourhood unsuccessfully. Thankfully, Elsa was sitting on the front porch of her adopter's house by morning. When Jasmine picked her up, Elsa was overjoyed. Jasmine decided right then and there that she would adopt her. They've been together ever since.

A LOST CAUSE

"I'm very good at detaching myself," says SOS founder Laura Bye. "But a few dogs have hit me in a vulnerable spot." Surrendered by his Montreal owner, Bingo was unfit for a regular foster home because he was unpredictable and distrustful, so Bye took him in. "He was big and he could control me," she says. Several trainers and other rescue organizations told Bye to euthanize the dog, but she had grown attached to him despite his behavioural issues. A successful campaign through GoFundMe raised enough money to send him to long-term training with Jessica Kelly and Brent Alvey of Complete K9 Care in Peterborough, Ont.

THINK YOU MIGHT BE READY TO ADOPT?

First, ask yourself a few questions: Am I ready to commit to giving this dog plenty of exercise, discipline and affection? Am I ready to live with a pup that will likely become my best friend and watch Netflix with me all the time? Am I ready to feel happiness like never before each time my dog falls asleep in my arms? Have I made peace with the likelihood of waking up to dog-fart smells in the morning?

Seriously, having a dog is a real commitment. The cost of food, toys, vaccinations, medications and doggy day care adds up. Your social life is put on the back burner because you're at the dog park, making sure your pup gets enough physical activity, especially if you live in an apartment. You may even need to take yourself to obedience training; a dog is only as well trained as its owner.

And if adoption isn't a fit for you right now but you'd like to volunteer, SOS is always looking for people to transport dogs from the airport, pet-sit, organize events, foster and fundraise. "Without foster homes, the dogs don't have a place to stay," says executive director Allison Wills. "And without fundraising, we don't have the means to take care of them." Adoption fees, at $400 per dog, cover about 50 percent of all costs, which include flights, food, toys and veterinary bills; the other 50 percent comes from donations. If they can cobble together enough funding, Wills and founder Laura Bye also hope to open an intake centre, where new rescue pups can come for a checkup and a behaviour evaluation before they're moved into foster homes.

SEARCH AND RESCUE

Looking to volunteer at an animal rescue? Here's a roundup of organizations from coast to coast.

Save Our Scruff Rehome & Rescue
Toronto
Foster or adopt dogs that have been rescued from difficult circumstances.
saveourscruff.org

Dogwood Rescue Society
Vancouver
This rescue specializes in sporting and working dogs such as Vizslas, Weimaraners, Dobermans and setters.
dogwoodrescue.org

Whisker Rescue Society of Alberta
Red Deer, Alta.
Look to this rescue for senior, adult and newborn adoptees of the feline variety.
whiskerrescue.com.

Manitoba Mutts Dog Rescue
Winnipeg
Consider fostering a homeless cat or dog from this rescue—it even has puppies!
manitobamutts.org

Little Res Q
Markham, Ont.
If you prefer more exotic critters, this rescue takes in most legal species of reptiles and amphibians, including turtles, snakes, lizards, frogs and more.
littleresq.net

Litters 'n Critters
Halifax
Litters 'n Critters rescues as many stray, surrender and shelter pooches as possible.
littersncritters.com

WANT TO SEE MORE SCRUFF SUCCESSES? VISIT *canadianliving.com/rescuepups.*

"It sounds cheesy, but it was the beginning of our little family. It's fun to come home to somebody, and you get welcomed with the best love ever."

When Jessica and Brent first met Bingo, he trusted them quickly because they were respectful of his space. "I've dealt with stress and anxiety in my life and it's not a comfortable feeling," she says. "Almost all of the dogs that we train are overwhelmed by their surroundings—just existing is stressful." Bingo slowly began to trust his trainers. "With Brent and me, he's not the Bingo that everybody knows. He's just a silly, happy puppy." They continue to work on desensitizing Bingo to stressful situations while giving him plenty of love, exercise and soothing massages. Because the couple already own six dogs, they're looking for an experienced dog lover—someone into dog sports, such as dock diving or fly ball—to adopt this athletic pup.

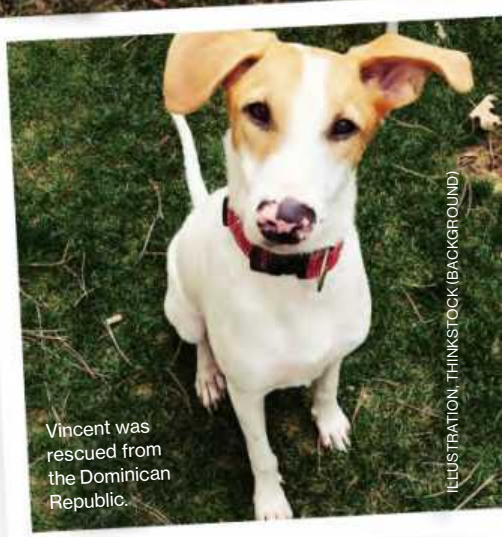
STARVED FOR AFFECTION

Just say the name "Vincent" and SOS executive director Allison Wills starts to tear up. "He's my soft spot," she says. Earlier this year, a rescue volunteer in the Dominican Republic came across the four-month-old puppy crouching in an open backyard—he was skin and bones. "She sent us pictures and I started crying," says Wills. Because his owner couldn't afford to feed him, Vincent had been eating dirt and rocks, causing damage to his teeth. When Vincent finally came to Canada, Wills fostered him for a few weeks, teaching him not to pick up or chew on pebbles.

Vincent's adopters are Heather Coates and Jon Varley. Heather says meeting him was love at first sight. "His personality matches his goofy face and helicopter ears. And have you seen his nose?" she squeals. (Vincent has a spotted schnoz.) "It sounds cheesy, but it was the beginning of our little family. It's fun to come home to somebody, and you get welcomed with the best love ever." ●



Bingo needs an adopter who loves dog sports such as dock diving and fly ball.



Vincent was rescued from the Dominican Republic.

ILLUSTRATION, THINKSTOCK (BACKGROUND)



FIND YOUR SWEET SPOT

With more than 80 all-new festive treats to choose from in this stunning special issue, everyone can find a favourite (or two!). Includes gorgeous colour photos and how-to tips from the Canadian Living Test Kitchen.

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DON'T GET FLEECED

We've all heard stories about innocent people being bilked out of hundreds, thousands and even higher amounts of money. Here's how to make sure you're not one of them.

BY CAMILLA CORNELL

When Sherel Purcell got a postcard saying she had won $100 worth of gas, she thought her partner's passion for contests had finally paid off. "I called John at work to tell him," says the Toronto woman. Then, she called the 1-800 number on the card.

The friendly woman who answered told Sherel she could have the reward in either gas or groceries. The catch: Sherel would have to pay a $3.99 "processing fee" by credit card. "My radar went up," she says. "I had a friend who'd had a similar experience. She gave out her Visa number, and her credit card kept getting charged."

Sherel hung up the phone before any damage could be done. But not all of us are quite so in touch with our inner skeptic. According to Daniel Williams, a fraud specialist with the RCMP Canadian Anti-Fraud Centre (CAFC), Canadians lose more than $65 million a year to scammers. "And that's just what is reported to us," says Williams. "The CAFC sees only about one to three percent of what's out there."

Why? Too often people are embarrassed to talk about it or, worse, it takes them years to figure it out. "They keep hoping that the prize will actually be delivered," says Williams, "or the inheritance will come in."

Don't let that happen to you. Here are some current scams to be aware of—along with expert advice on how to protect yourself.

"YOU'VE BEEN HACKED."

THE HOOK This one comes by phone or email and purports to be from Microsoft or Windows tech support. The caller/emailer tells you he has detected a problem with your computer and urges you to allow access so he can fix it. If you give him the information, he disables your firewall and other protection. He may then trick you into downloading software that collects online banking information, user names and passwords—for the purpose of robbing you—or he may infect your computer with a virus and charge you a fee to fix it (often about $300 for a "lifetime"). "They create the damage in the first place," says Williams. "And then, voilà, they're the knights in shining armour who repair the damage—for a fee."

PROTECT YOURSELF No legitimate tech-support agent is ever going to hunt you down to fix a problem on your computer. "You can have green smoke and blue cheese coming out of your computer; that's your problem," says Williams. He warns not to open attachments and links unless you know the person who sent it and there's a personalized message attached.

"I'M CALLING FROM CANADA REVENUE AGENCY."

THE HOOK This diabolical scheme relies on the fact that many of us live in fear of the CRA. The caller says there's been a tax audit and you're in serious trouble. Your options are to pay $3,500 immediately or police will be at your door within 45 minutes. "They rely on terror," says Williams. "They say you'll be carried off in handcuffs, and you'll be going to court, where you'll face a $70,000 fine and 13 years of jail time if you lose, so you'll never see your kids again."

PROTECT YOURSELF If someone calls requesting payment, ask for the person's name and where he or she works, advises Const. Brian Montague, spokesperson for the Vancouver Police Department. Then, tell the person, "I'm going to hang up and contact the CRA directly to ensure that you are who you say you are." Scam artists sometimes approach victims via email, according to the CRA. The agency warns people to contact it directly—not via an emailed link, which could connect you to a fraudulent website. Note, too, that the CRA will not ask for personal information such as your passport, health card or driver's licence numbers, and it won't seek payment via a prepaid credit card.

ILLUSTRATION, THINKSTOCK



"HEY, GRAMPS, IT'S ME. I'M IN TROUBLE!"

THE HOOK Fraudsters plug in the address of seniors' buildings on Canada411.ca to get the names and phone numbers of residents. Then, they call claiming to be a grandchild in distress. The details vary, but the spiel goes something like this: "Help! I smashed up a rental car at a wedding in Saskatoon! I had one beer, and now, I'm in jail! I don't want to panic Mom and Dad. Can you send $3,000 for bail?" Sometimes, the scammers take a chance and start with, "Hi, it's me, your favourite grandson!" Grandparents may fill in the blanks with, "Billy? Is that you?" In other cases, scammers comb Facebook for pertinent details to sound authentic.

PROTECT YOURSELF Tell your "grandson" you'll call him back on his cellphone, advises Williams. If he tells you it was destroyed in the accident, ask some questions that would be hard for an impostor to answer—the date of his mom's birthday or the name of his first pet, for example.

"IF YOU WIRE ME THE FUNDS, WE COULD BE TOGETHER."

THE HOOK You're lonely after the end of your relationship or the death of your spouse. Then, the stars seemingly align and you meet your soul mate online. He's a single father who shares your passion for Jane Austen novels and Thai food. You're in touch every day via text or online chats, and as months go by, you're convinced that this wonderful person is the best thing in your life. So, when he asks you to send money to help him out of a jam, you think, Why not?

Think twice. You could be the victim of an online romance scam, sometimes referred to as catfishing—when people pretend online to be someone they're not—and one of the most lucrative scams in Canada, according to the CAFC. "The online romance scams, which we document," says Williams, "are crimes by organized crime gangs doing business on an almost industrial scale with the definite intention to defraud their victims of money and property." Last year, Canadians lost a reported $14 million to such romance scams. In June 2015, Ontario's York Regional Police laid charges against the members of an online romance scam that bilked seven people of a total of $1.5 million. In 2014, a 49-year-old Vancouver teacher wired $20,000 to a bank account in Dubai to help the handsome engineer she had come to love during three months of email and phone conversations. He turned out to be fiction. Scammers find out what victims are looking for from their dating profiles, says Williams, "and that's exactly who they become."

PROTECT YOURSELF "Be very cautious and realize that this person is a stranger," says Const. Montague. Even if you meet in person or talk regularly on the phone, you may not know his or her real name and details. Signs of a scammer may include photos that look more like modelling shots, dropping the L-word too soon and a tendency to say exactly the right thing all the time (real people have flaws). If that special someone asks for money, even a small amount, it should raise a red flag. "Small amounts usually lead to bigger amounts," says Const. Montague. Worried? The website socialcatfish.com will run a search on your potential mate to verify identity.

"THAT'S A $20 DONATION FOR THE BRACELET, THANK YOU."

THE HOOK You're strolling downtown when a monk approaches. He slips a bracelet around your wrist or hands you a "prayer card." Then, he hounds you for a donation, perhaps even grabbing your arm and following you. Don't feel bad if you don't pony up—he's an impostor. Fake monks have been spotted in Toronto, Vancouver, Edmonton, Calgary and Winnipeg. "They can be quite aggressive," says Const. Montague. "But a legitimate monk would not ask for donations in this fashion."

PROTECT YOURSELF Return the card or bracelet and walk away. "They'll generally move on to someone else," says Const. Montague. If someone approaches you, either at your door or on the street, for a charitable donation, Const. Montague says to ask for the organization's registration number and written information about the charity, including its name, address and phone number. Once you've verified the charity is legit, donate online, he says, "rather than giving money or credit-card information to a stranger." ●

RED FLAGS SIX SIGNS YOU'RE BEING SCAMMED

1. YOU DON'T REMEMBER THE CONTEST. "You can't win a contest you didn't enter," points out Const. Brian Montague, spokesperson for the Vancouver Police Department.

2. THEY THREATEN YOU. Legitimate businesses and government agencies don't do that, says Daniel Williams, fraud specialist with the RCMP Canadian Anti-Fraud Centre.

3. YOU'RE ASKED FOR CASH TO CLAIM A PRIZE. "There's nothing you can win that will require you to pay money up front," says Const. Montague.

4. THEY WANT YOUR FINANCIAL INFORMATION. Don't give your personal, banking or credit-card information over the phone, on the computer or in person unless you know the company or charity well. "And never, ever give out your social insurance number," Const. Montague advises. It's the key to obtaining banking information, and it can lead to financial ruin.

5. THEY STRESS SPEED AND SECRECY. "They want you to decide solely on the basis of what they're telling or showing you, says Williams. "They know if you have time to think it through, you're going to see through it."

6. THEY MENTION WESTERN UNION OR MONEYGRAM. "Those services are only meant to be used to send money from person to person—a friend or a family member," says Williams.



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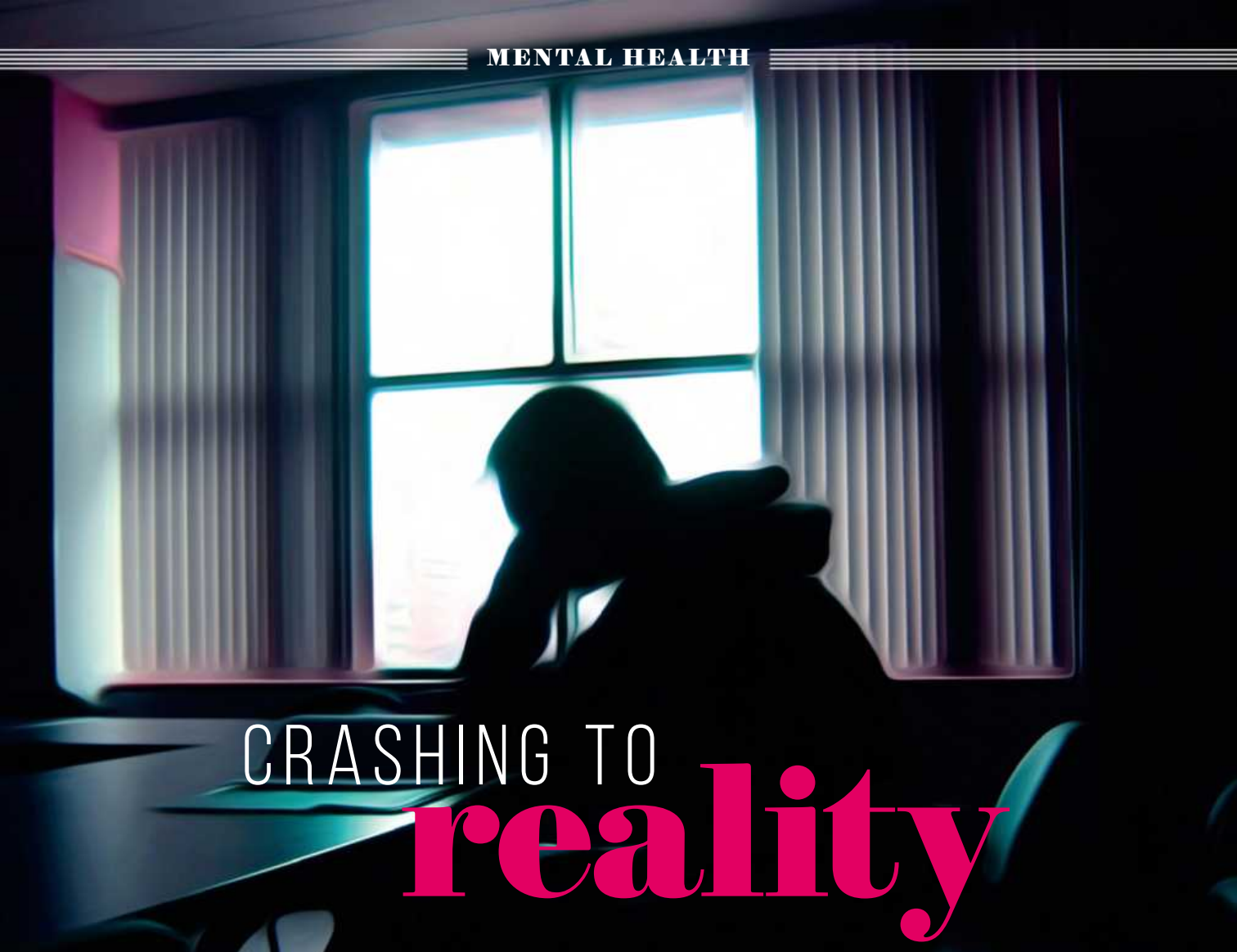
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PHOTOGRAPHY, JESSE BRIOUX (COCKTAIL); MASTERFILE (CHILDREN); JEFF COULSON (TRUFFLES); RICK O'BRIEN (CHEF)



CRASHING TO reality

The transition from high school to university is challenging for almost every student. But now, an increasing number are overcome by the struggle. What can we do to help these young people thrive, socially, psychologically and academically?

BY TIM JOHNSON

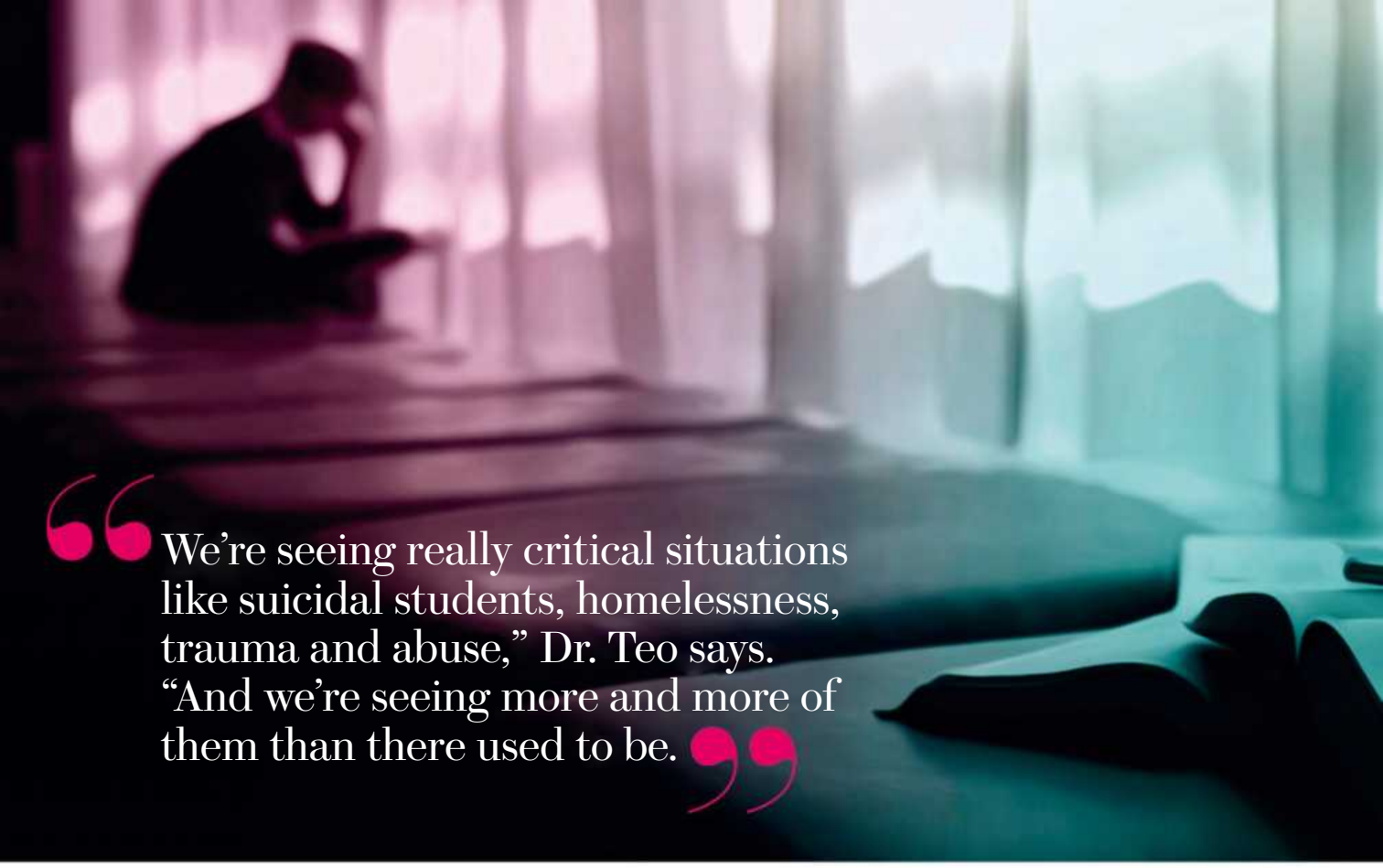
Eric Windeler and his wife, Sandra Hanington, had just returned to their Toronto home from a spin class on a chilly Saturday morning in March 2010 when they found a strange voicemail from a police officer. They had two of their three kids with them, while their 18-year-old son, Jack, was away studying at Queen's University in Kingston, Ont.

When they called the officer back, he said he would be over right away. Arriving at their door a few minutes later, he told them that staff at Queen's had discovered Jack's body in his dorm room. They suspected suicide.

"It was like an earthquake, a cluster bomb of shock," says Eric. In the ensuing weeks and months, Eric and Sandra pieced together the timeline that led to that earth-shattering day. Despite all appearances to the contrary, Jack had become discouraged, then depressed, sequestering himself in his dorm room, overwhelmed by the stiff challenges and many adjustments he faced in his first year of university.

Across Canada, an increasing number of students struggle with the transition from high school to university, the same way Jack did, pointing to a disconnect in the educational and social continuum. It's making the first year of postsecondary school difficult for many students, who are as young as 17. And, as Eric and Sandra's case illustrates, they can experience everything from heavy stress to serious trauma. That's why researchers, administrators and counsellors across the country are seeking out the problem's roots—and possible solutions.

PHOTOGRAPHY, GETTY IMAGES



> We're seeing really critical situations like suicidal students, homelessness, trauma and abuse," Dr. Teo says. "And we're seeing more and more of them than there used to be.

UNDER PRESSURE

It's something Dr. Su-Ting Teo saw regularly when she was the director of student health and wellness at Toronto's Ryerson University. She notes that, while researchers are still working to get a grip on the exact dimensions of the issue, universities are reporting a booming demand for mental health help. "We're seeing really critical situations such as suicidal students, homelessness, trauma and abuse," says Dr. Teo. "And we're seeing more and more of them than we used to."

It's not surprising that first-year students struggle, though, she acknowledges. "It's a big leap from high school to postsecondary. It's such a huge change from a structured and supported environment in high school to a potential free fall in university, where you don't have people watching out for you and you're much less accountable." Plus, it's a more complicated transition. These students aren't just starting a new school; they're also possibly dealing with living apart from parents for the first time, learning to grocery shop and cook, and navigating a new city—on top of greatly increased academic demands.

Sydney Cormier, formerly a Queen's University student and now studying dentistry at Western University in London, Ont., remembers those early days when she moved from a small town to study life sciences. "All at once, I was forced to learn how to handle increased academic demands, being away from home, meeting new friends, starting new relationships while maintaining old ones—the list goes on," she says. "I often felt as though I was participating in a balancing act. How could I succeed in school, plan my future and still maintain a happy and healthy life? It seemed impossible at times."

First year has presented such challenges for as long as we've had postsecondary education, but observers say it's tougher now. For one, today's teens are used to their parents managing things. "The challenge to adjust becomes that much more difficult because they haven't had the same opportunities for self-discovery and to navigate systems on their own," says Donna Hardy Cox, dean of Memorial University of Newfoundland's school of social work.

Young students also feel a greater need for perfection, given the tough job market and international competition, says Tricia Seifert, an associate professor at Montana State University with an appointment at the University of Toronto's Ontario Institute for Studies in Education. "We have the ultimate high-stakes culture," she says. "Students feel that if you get less-than-perfect marks as an undergraduate, the chances of getting into grad school are diminished, or that if you don't have the very best résumé and references, landing a job is much more difficult."

RUDE AWAKENING

The fact is students often face more, and tougher, work than anticipated. There's some evidence that high school graduates aren't being properly prepared. A 2009 questionnaire by the Ontario Confederation of University Faculty Associations found that more than 55 percent of respondents—university faculty and librarians—reported a decline in writing and numeric skills among first-year students.



PHOTOGRAPHY, GETTY IMAGES

Sydney found first year a rude academic awakening. "I felt as though there was an insurmountable mountain standing between me and my ideal GPA, because no matter how hard I worked, I never seemed to achieve my goals," she says. Jana Luker, associate vice-president of student experience at Western University and former executive director of McGill University's Services for Students, says it's especially difficult for high achievers. Accustomed to being at the top of their class, these students can find themselves questioning their very identity. Added to this, says Luker, are growing class sizes and shrinking support resources, so the opportunities to slip are becoming much greater.

And all of this is compounded by social media. Instead of making isolated students feel connected and able to ask for help, it often reminds them of their failings. "We all strive to make that perfect image of ourselves online—picking our best photos, posting our proudest moments, sharing the details of our Friday nights," says Sydney. "We're then forced to live up to this image of ourselves, which can make the social pressures of young adulthood even bigger."

All of these factors may have played a role in Jack's suicide, says his father. While Jack appeared happy and healthy during visits home, back in Kingston, fellow students reported that he had grown increasingly reclusive. In late autumn of 2009, Jack's class attendance dropped off sharply and he began spending a lot more time in his dorm room. Eric notes that, following a sterling high school career—his son had his pick of universities—Jack may have found the work more than he anticipated, which set in motion what he calls a spiral effect. "We believe it was a mental health challenge that was triggered by being in a new place, not being comfortable, getting behind and not being able to catch up—and the associated shame and embarrassment," says Eric.

REACHING OUT

Since his son's passing, Eric has devoted his life to preventing similar tragedies, founding The Jack Project (now known as Jack.org), a charity that has raised more than $5 million since 2010. Donations are used to promote conversations among young people about mental health and encourage them to reach out for help. "Jack.org is building a network of young leaders who are transforming the way we think about mental health," says Eric. There are more than 70 student-led chapters at secondary and postsecondary schools with programs such as student speaker events and a national student mental health summit. With as many as one in five young people struggling with mental health challenges, Eric says his goal is to start programs at both the high school and postsecondary levels.

Greater independence may also help with the transition. Research shows that kids who have had more freedom prior to entering university are better equipped to handle the challenges. A 2012 study evaluated 4,500 first-year calculus and physics students and found that public school graduates outscored those from private schools by two to three percentage points. George Bluman, mathematics professor emeritus at The University of British Columbia and one of the study's authors, says that the relative lack of special attention better prepares public school students for postsecondary. "In a public school environment, kids learn better to stand on their own two feet," he says. "And a university atmosphere is much more like public school than private school."

Universities are adjusting, seeking to remedy the problem, says Luker. At Montreal's McGill, her department was paying more attention to incoming students, phoning undergraduates to ensure that each one heard a voice from the institution and had a number to call in case help was needed. She also instructed parents on how to prepare their kids for the transition—and how to let go. Finally, they were trying to keep tabs on students who might have been facing difficulties, checking in with residence assistants, dons and faculty, and had amped up their services to meet these emerging needs, employing a wide variety of mental health professionals.

Eric warns other parents to pay attention. "Plenty of young people are going through mental health challenges," he says, even when there's no family history or no indication of trouble. "This came out of the blue. We were the last family who would have suspected this could happen." ●

WHAT YOU CAN DO TO HELP

Parents play a key role in preparing their kids for postsecondary education. Here's what the experts suggest to bear in mind.

EASE UP ON THE PRESSURE and give your kids the freedom to explore their passions. A bad grade isn't the end of the world—and neither is the choice to follow a different path than the one you'd envisioned.

ALLOW HIGH SCHOOL STUDENTS MORE INDEPENDENCE as they get older. It will help ease the shock when they're away from home for the first time.

TALK ABOUT MENTAL HEALTH. Such conversations help remove the stigma and make it more likely your children will seek help if needed.

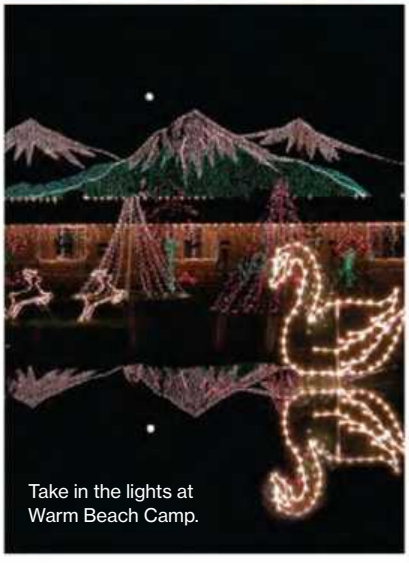
LOWER EXPECTATIONS. Prepare your children for the reality that they probably won't be at the top of their postsecondary classes—and that's OK.

Saved up for a splurge? French Polynesia is worth the eight-hour flight from Vancouver.

HOLIDAY GETAWAY GUIDE

Home may be where the heart is, but it doesn't have to be where your holidays are. If you're considering a festive-season vacation—either nearby or in an exotic locale—we've got you covered, from short drives to long flights and points in between!

BY HEATHER GREENWOOD DAVIS



Take in the lights at Warm Beach Camp.



IF YOU LIVE IN

ABBOTSFORD, B.C.

DRIVE STANWOOD, WASH.

It's less than two hours on the road to Warm Beach Camp and Conference Center in Stanwood, Wash., and the community's annual Lights of Christmas celebration. Visitors (estimated at 72,000) come to sample eats from an assortment of vendors, watch shows, peek at the more than one million lights and ride the Polar Express. Not ready to go home? Choose from cottages, rooms and suites for an overnight stay. A family of four can book a room, starting at US$116, and stop in Bellingham for some last-minute shopping deals on the way home.

QUICK FLIGHT LAS VEGAS

Sin City has successfully rebranded itself as more than a gambler's paradise. Couples looking for a holiday that includes incredible shows (*Michael Jackson One* features the King of Pop's biggest hits, along with acrobatics by world-famous troupe Cirque du soleil), shopping and gourmet dining (head to Michael Mina at the Bellagio, home to the city's best seafood from the award-winning celebrity chef) won't be disappointed. The Venetian's Christmas tree and The Linq Promenade's Winter Parq—a holiday-season event that includes carollers, decorations and a 30-foot snow hill for tubing—will keep you in the spirit. Warning: Winters in Vegas can be sweater-worthy, but most of the fun happens indoors, so you'll barely notice chilly temps.

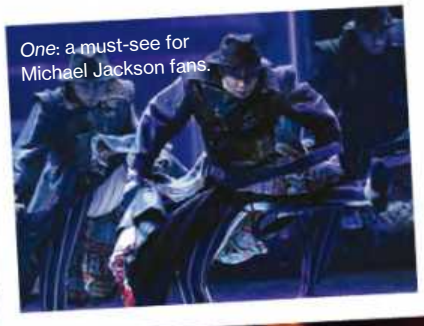
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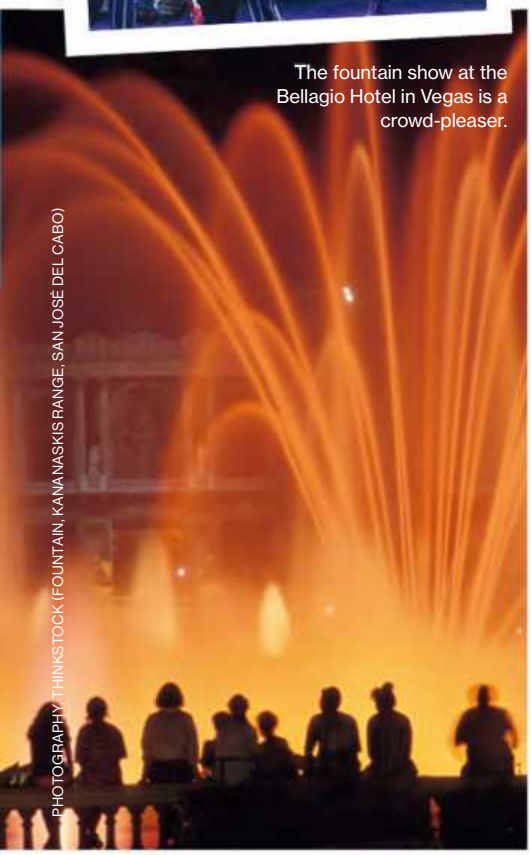
Kananaskis Country takes hiking to a new level.

SPLURGE
RANGIROA, FRENCH POLYNESIA

Ready to run away from it all? Buckle in for the eight-hour flight to Tahiti and the short commuter flight to Rangiroa. The island is a diver's and snorkeler's haven—and those who love a good view will be delighted, too. Bungalows at Le Maitai Rangiroa (starting at US$300 per night) offer understated accommodations. Staff can help you secure tours of nearby village Tiputa or plan trips to a local pearl farm. Expect a quiet Christmas on the island with a celebratory dinner. Dine on crêpes au miel (pancakes with local honey), or enjoy a secluded evening on the shores of that translucent blue lagoon.



One: a must-see for Michael Jackson fans.



The fountain show at the Bellagio Hotel in Vegas is a crowd-pleaser.

PHOTOGRAPHY: THINKSTOCK (FOUNTAIN, KANANASKIS RANGE, SAN JOSÉ DEL CABO)



IF YOU LIVE IN

COCHRANE, ALTA.

DRIVE
KANANASKIS COUNTRY AND CANMORE, ALTA.

A one-hour drive lands you in Canmore, a great spot to start exploring the mountains of the Kananaskis Range or Kananaskis Village itself. Check in at Mount Engadine Lodge (winter rates for two adults start at $400 per night) and hike through the backcountry of surrounding Spray Valley Provincial Park, keeping an eye out for moose and bears as you go. On your drive in from Canmore, detour for a helicopter tour over the Rocky Mountains with Rockies Heli Canada. If you're after a solo retreat with delicious locally sourced meals and sparse small talk, this is your spot.



The retro-cool Valley Ho is home base to glam film shoots.



San José del Cabo is a 4½-hour flight from Calgary.

QUICK FLIGHT
SCOTTSDALE, ARIZ.

Swap snowy mountains for arid weather and challenging hikes with a three-hour flight from Calgary to Scottsdale. Trails in the morning and spas in the afternoon will have you rethinking the whole white-Christmas thing. Set your sights on a romance package at the Royal Palms Resort's enclave of cute casitas (starting at around US$300 per night). Or go retro in the 1950s-style Hotel Valley Ho (US$200) and try the VH Spa's simple reflexology treatment (US$65) or the Leading Lady package (US$235 for a 60-minute facial and deluxe nail service).

SPLURGE
SAN JOSÉ DEL CABO, MEXICO

Since San José del Cabo is a 4½-hour direct flight away, you could be on the beach in five. The area is exploding with growth, creating plenty of options for all tastes and personalities. Travelling with extended family? Head for Hyatt Ziva Los Cabos (rooms start at US$360 per night), featuring two pools, three hot tubs and a dozen bars and restaurants. Boutique Hotel Casa, in Cabo San Lucas, starts at US$160 per night. You'll have a 15- to 20-minute walk to the beach, but, steps from your simple yet comfortable room, there's an on-site pool in a garden setting.



Prince Albert National Park offers a quiet and crowd-free escape.

IF YOU LIVE IN

ARBOR CREEK, SASK.

DRIVE
PRINCE ALBERT NATIONAL PARK

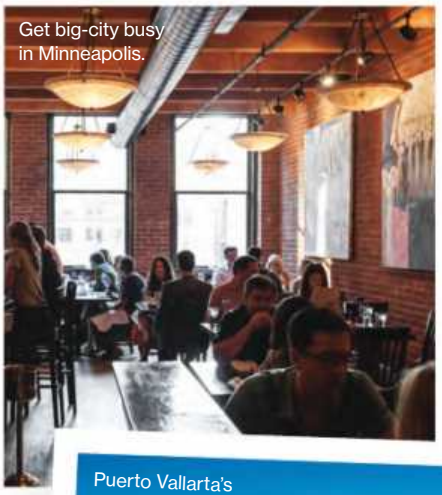
Local landscape artist Catherine Perehudoff Fowler, 56, drives the 2½ hours to this park, located deep in the boreal forest. The draw? Great scenery to paint or photograph. "It's our weekend getaway spot," says Perehudoff Fowler. "The December landscape is a dreamy ice-filled wonderland." Nature lovers can visit for the day or stay overnight. Those looking for a more active holiday visit will also enjoy the park's many trails (cross-country skiing and snowshoeing), skating rink and ice fishing. Unlike at more popular national parks, here, you won't need to fight for space. Winter is typically quiet—perfect for those seeking solitude and those who enjoy listening to wolves' evening howls.

QUICK FLIGHT MINNEAPOLIS

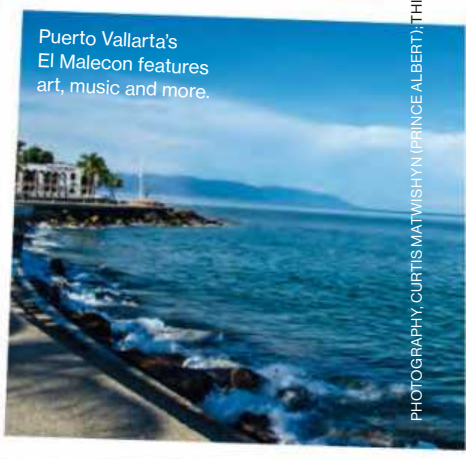
Hop onto a flight that will whisk you across the border, then keep warm while you finish your holiday shopping in the largest indoor mall in the United States. Start at the Mall of the Americas, but make sure to add in stops at some of the trendy city shops, like the Goorin Bros. hat shop (where lids are made to order). Once your shopping list is satisfied, turn your attention to the city's holiday shows at various Minneapolis theatres, winter activities (try Theodore Wirth Regional Park for sledding, tubing and cross-country skiing) and foodie indulgences. Book early but dine late to sample 112 Eatery; the restaurant, which opened in 2005, wows with a delightful (and affordable) menu including tagliatelle with foie gras meatballs and tres leches cake.

SPLURGE
PUERTO VALLARTA, MEXICO

Puerto Vallarta is a great holiday destination for travellers who love a celebration—cultural events are almost weekly through December and January. Christmas Eve, or Nochebuena, is a highlight, as locals celebrate with piñatas and feasts that last until dawn. Between parties, visit El Malecon, a boardwalk that offers a glimpse of local art, sand carvings, musicians and more. A stay at Los Arcos Suites (rates start at about US$80 per night) will keep you in the heart of local activity and steps from the sea.



Get big-city busy in Minneapolis.



Puerto Vallarta's El Malecon features art, music and more.

PHOTOGRAPHY, CURTIS MATWISHYN (PRINCE ALBERT); ITHINKSTOCK (EL MALECON)



Stay beachside at the Sands at Grace Bay.



IF YOU LIVE IN

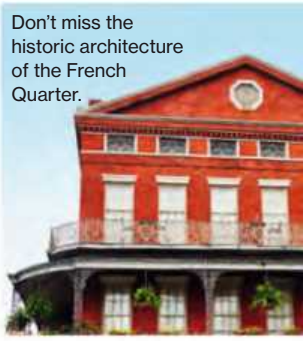
MISSISSAUGA, ONT.

DRIVE MUSKOKA

Summer is long over, but cottage season doesn't have to be. Head two hours northeast of home base to Arrowhead Provincial Park and snuggle with your favourite friend in an all-season cabin. Cozy up under a blanket with a book and a coffee, or head outside with snowshoes, a snow tube or skis. You'll come home to creature comforts such as a kitchenette and an outdoor grill.

QUICK FLIGHT NEW ORLEANS

A three-hour flight from Toronto is all that stands between you and a romantic long weekend in the Big Easy. Swap chilly Canadian winds for Louisiana warmth in the form of seafood gumbo and fresh beignets. Think beyond the famous (but often crowded) French Quarter and board a hop-on–hop-off tour bus, with stops at historical Jackson Square, Harrah's casino and the St. Louis Cemetery; you'll not only have fun but also gain a deeper sense of the city's culture and history. Don't miss class at the New Orleans School of Cooking to learn how to make your favourites at home—there's nothing like chocolate pralines to get you through the winter. Book your stay at Hotel Monteleone, where the revolving Carousel Bar & Lounge was a favourite of literary giants Ernest Hemingway and Truman Capote. Hotel rates start at around US$200 per night.



Don't miss the historic architecture of the French Quarter.

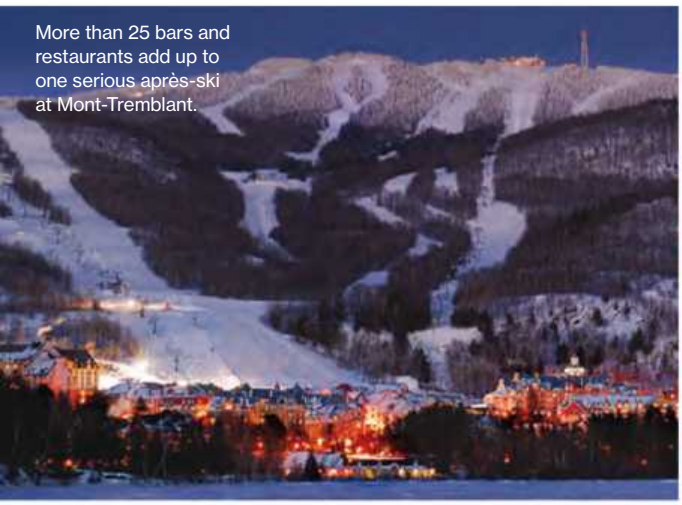
SPLURGE PROVIDENCIALES, TURKS AND CAICOS

Looking to get away with a multigenerational group? Turks and Caicos is just a four-hour flight from Toronto. It's been proposed by some that the popular tourist destination become a Canadian territory, and, upon arriving on the island of Providenciales, you'll immediately wish it was. Multiroom villas come in a variety of sizes and price ranges: Expect to pay at least US$1,300 per night for a property that accommodates eight guests. Or opt for a hotel stay at the Sands at Grace Bay, where beachside rooms start at US$295, or the budget-friendly Turtle Cove Hotel & Residence, with its clean, simple rooms that start at about US$160 per night. Providenciales is the perfect solution to this year's gift-giving conundrum: Neither a 13-year-old nor a retiree will complain about a beach view on Christmas morning.



Enjoy skiing and snowshoeing or just keeping cozy in Muskoka.

PHOTOGRAPHY, THINKSTOCK (MUSKOKA, FRENCH QUARTER)



More than 25 bars and restaurants add up to one serious après-ski at Mont-Tremblant.



See why snowbirds flock to Orlando.



IF YOU LIVE IN

NAVAN, ONT.

DRIVE QUEBEC

Even nonskiers will enjoy a getaway at Mont-Tremblant. The ski village, set at the base of one of the Laurentian Mountains, gives you the feeling of being far from home, despite the mere two hours it takes to drive there. Spend some downtime at nearby Scandinave Spa (one of four locations across the country), where you can indulge in hydrotherapy (circulation-boosting full-body dips into a series of hot and cold pools), a massage and a tranquil view of falling snow through the glass walls in the relaxation area. When you're ready for more, the village won't disappoint: There are more than 25 bars, cafés and restaurants in or near the village and plenty of opportunities to try something new—mountain biking in the snow, anyone?

QUICK FLIGHT ORLANDO, FLA.

There probably isn't a Canadian who hasn't considered Christmas in Florida. Direct flights are about three hours, and deals can be had if you leave before Dec. 23 or after Boxing Day. Whether you rent a house (prices vary but, for US$230 per night or less, you can find a three-bedroom townhome to share with extended family or friends) or book a hotel room, you'll get the best of both worlds: Florida sunshine and all of the holiday decorations, parades and shopping you can handle.

SPLURGE PORT ANTONIO, JAMAICA

Direct flights to Montego Bay from Ottawa (about four hours) make it easy to enjoy the tropical vibe that welcomes you as soon as you arrive. The farther out you let your car and driver take you, the more you'll find in terms of tourist-free relaxation. Geejam Hotel (rates start at US$650 per night during peak season), close to Port Antonio, offers the potential to bump into international celebs at dinner. Meanwhile, Jakes hotel, with its range of rooms, cottages and villas (high-season rates start at US$150 per night and climb to US$900), offers family-style dinners on the beach and reggae nights under the stars. Jamaicans love Christmas, so, wherever you stay on Dec. 25, expect a breakfast—ackee and salt fish (salted cod), fried dumplings, seasoned callaloo (spinach) and more—that will keep you full until dinnertime.



Look for A-listers at Geejam Hotel.

PHOTOGRAPHY, THINKSTOCK (BIRDS)

IF YOU LIVE IN

LAVAL, QUE.



DRIVE QUEBEC CITY

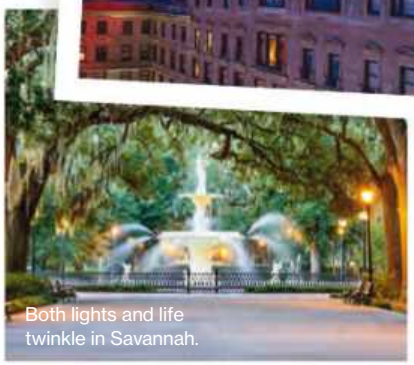
Quebec City is known for its romantic charms, especially those of the holiday season, when snow-dusted horses make their way along cobblestone streets. Christmas in Old Quebec, a UNESCO World Heritage treasure, offers tours with costumed historical characters sharing local traditions. Enjoy the area's products, like maple syrup, or a candlelight mass at Cathedral-Basilica of Notre-Dame de Québec. Crafts at the Christmas Market at the Old Port are worth a look, as are the modern twists on decor at boutique auberges around town. Check in to Auberge Saint-Antoine (starting at $220 per night) for a quaint stay in the the city.

QUICK FLIGHT CHICAGO

Chicago—which is a 2½-hour flight from Montreal—is perfect for people who like winter's outdoor good times tempered with indoor fun. With fewer tourists this time of year, it's easier to visit the city's popular museums (The Field Museum and the Adler Planetarium are good bets). Then, don your tuque and see the creative light displays along The Magnificent Mile, the city's famous shopping street. Stay at the historic Drake Hotel (from US$199 per night) and enjoy a Christmas brunch that's popular with locals. Also worth a peek: Christkindlmarket Chicago, a German Christmas market at Daley Plaza that's one of the largest in the country. For dinner, head to The Walnut Room restaurant in Macy's. Tip: Arrive early. You'll be rewarded with a delicious meal (the famous chicken pot pie is based on a recipe from 1890) and an outstanding view of the store's 45-foot Christmas tree.



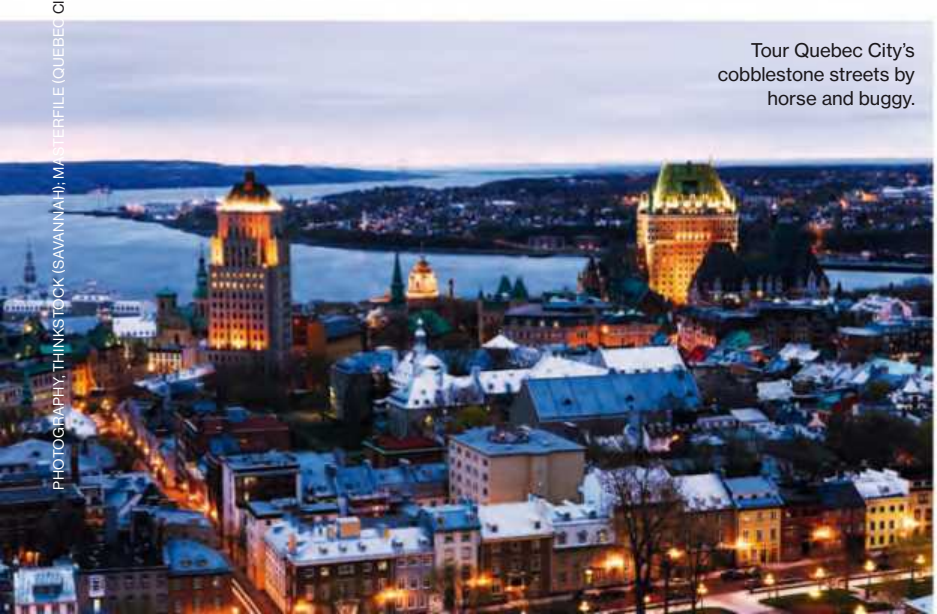
Try Christmas brunch at The Drake.



Both lights and life twinkle in Savannah.

SPLURGE SAVANNAH, GA.

Let yourself be smitten by southern hospitality in Savannah, where chivalry still reigns and seersucker suits never go out of style. Twinkling lights, historic homes and churches dressed in their Christmas best make an evening walk through any of the 24 historical squares a treat. The annual holiday tour of private homes is in early December, but you'll find holiday-themed horse-drawn-carriage or trolley tours to enjoy throughout the season. And there's no shortage of restaurants and bars to help you find your festive spirit. The one caveat: Book as early as you can. The Bohemian Hotel Savannah Waterfront is a modern luxury offering (about US$200 per night).



Tour Quebec City's cobblestone streets by horse and buggy.

PHOTOGRAPHY: THINKSTOCK (SAVANNAH); MASTERFILE (QUEBEC CITY); DEREK BRAD (ORCHESTRA)

IF YOU LIVE IN

SUSSEX, N.B.



DRIVE ST. ANDREWS BY-THE-SEA, N.B.

Play tourist in this quaint village that's less than a two-hour drive from home. Take in the classic Christmas decor at The Algonquin Resort, where rooms start at around $189 per night. From mid-November through December, enjoy the Season of Light and Wonder festival, including the Firemen's Candlelight Parade, a tree-lighting ceremony and concerts. Settle in for a meal with a view at Harbour Front Restaurant, then head out to the nearby Bay of Fundy for snowshoeing or cross-country skiing.



The Algonquin Resort boasts modern rooms.

QUICK FLIGHT PHILADELPHIA

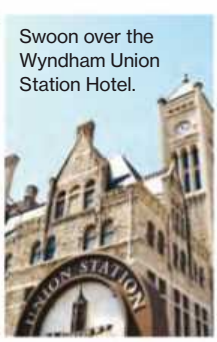
The City of Brotherly Love has an abundance of upscale lodging, free museums and community events—from the annual light show to the historical Mummers Parade on New Year's Day. Snap a photo in Love Park, don your skates during Winterfest or take in a performance by the Philadelphia Orchestra.

SPLURGE NASHVILLE

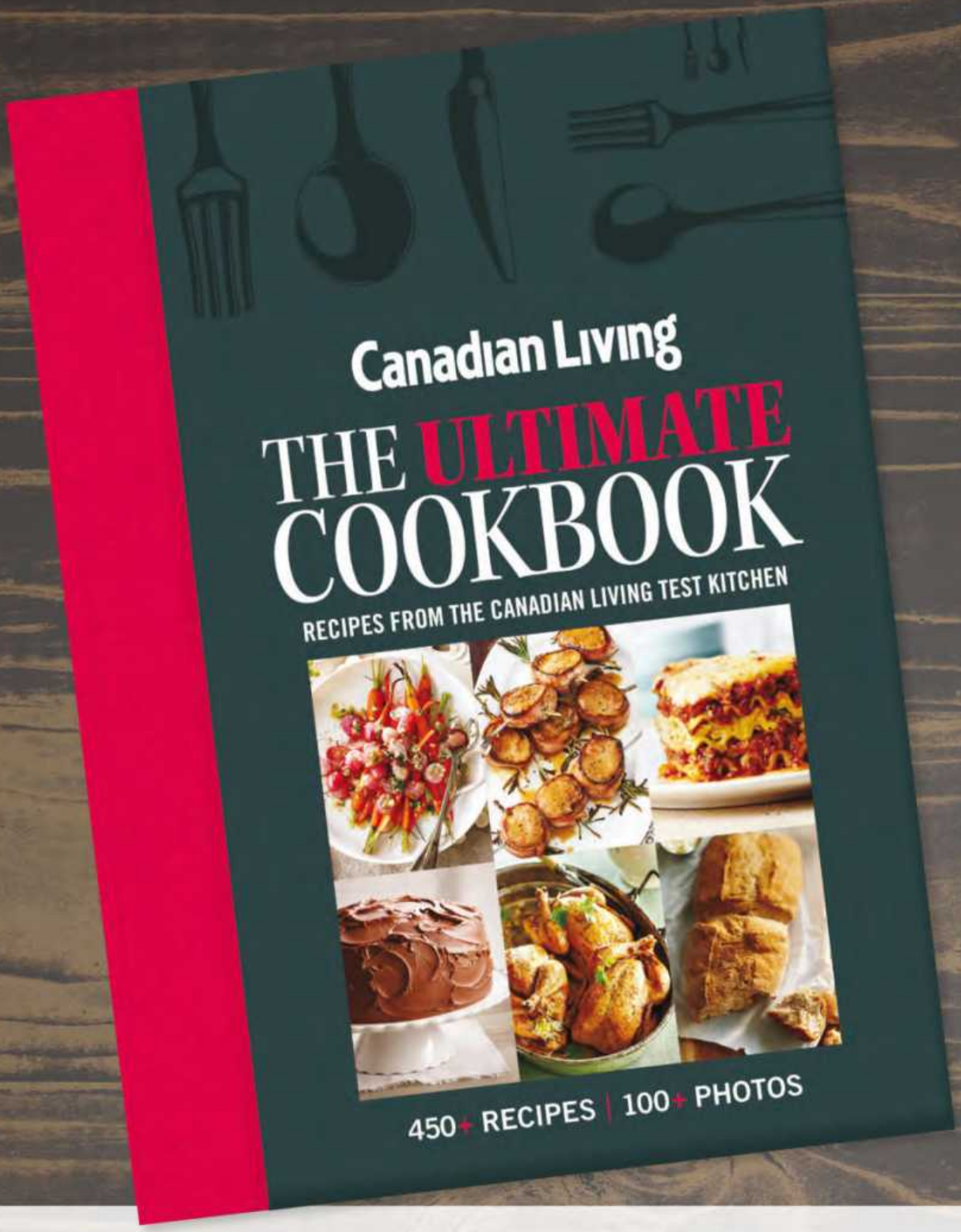
Whether your idea of Christmas includes a carol-laden cruise on the *General Jackson* showboat or a country-music bonanza at the city's biggest street party on New Year's Eve, a trip to Music City will get your toes tapping. Indulge at restaurants such as Cochon Butcher (try the brisket sliders) and Josephine (fried oysters!). Stay at Union Station Hotel Autograph Collection by Marriott (about US$300 per night) or the boutique Hotel Preston, with its impressive art collection (starting at US$100 per night).



Take in Philadelphia's famous orchestra.



Swoon over the Wyndham Union Station Hotel.



CANADIAN LIVING: THE ULTIMATE COOKBOOK IS AS CANADIAN AS BUTTER TARTS— and the crispiest roast potatoes you've ever tasted, the most decadent lasagna, the most company-worthy roast beef…. What we mean to say is that since 1975, the Canadian Living Test Kitchen has come to know what our fellow Canucks want to cook and eat. This indispensable new cookbook reflects Canadian cooking today. It's a handpicked collection of the very best dishes from our archives and new classics developed just for this book. Every one has been rigorously Tested Till Perfect—our guarantee of perfect results in every bite.

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Available at booksellers including Indigo, Chapters, Coles and canadianliving.com/books

Home

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Express Your Shelf

Style your shelves like a pro with these simple tips.

1. Include natural elements such as plants and let them drape.

2. Start with books, then fill your space with smaller accessories and sculptural pieces.

3. Play with scale. Juxtaposing larger objects with more delicate pieces provides balance.

4. Stack, stand and stagger. Vary the way you display books and objects.

5. Group similar objects together to make them feel more important.

6. Layer art and decorative objects for visual interest. — *Sarah Gunn*



PHOTOGRAPHY AND GROW SHELVING UNIT, EQ3.CA

TURN THE PAGE FOR OUR FAVE SHELF ACCESSORIES UNDER $100.



BEST BUYS UNDER $100

Beautify Your Bookshelf

BY SARAH GUNN

Stack sculptural items on top of books to give shelves a styled look.

Group odd numbers of items together to make them more visually appealing.

House less-pretty items in decorative boxes to keep them hidden yet accessible.

1. **Nödvändig bowl**, $17, ikea.ca. 2. **Victorian whale bookends**, $78 per pair, anthropologie.com. 3. **Capri Blue winter tropics candle**, $44, anthropologie.com. 4. **Geo metal balls**, $55 to $85 each, crateandbarrel.com. 5. **Decorative box**, $20, homesense.ca. 6. **I Like Big Books print**, $18, sweetsycamore.etsy.com. 7. **Judy Jackson vases**, $70 each, westelm.com. 8. **Bronze female statue**, $99, blackroosterdecor.com.



FIVE MINUTES WITH

Carlos Huber

THE FRAGRANCE DEVELOPER TELLS US HOW TO USE SCENT IN YOUR SPACE.

WITH HIS PASSION for architecture and fragrance, Mexican-born Carlos Huber knows that the right scent can elevate a room. "Fragrance brings life and character to a space," he says, "and it says a lot about your signature style." Huber shares his thoughts on how to use scent to enhance your home. — *Julia McEwen*

How is home fragrance different from personal fragrance and colognes?

You're not mixing it with your own skin, which is a really important factor [because your body chemistry impacts the scent]. With home scent, it's about how you transmit the fragrance, whether it's a room spray, a linen spray or candles. People talk about a "fragrance wardrobe"; you should think the same way about home fragrance. Different spaces have different uses, and different scents will evoke different emotions. And with affordable options like Unstopables [a home fragrance line from Downy], you can mix and match to give each room a different feeling. It's something fun to add to your home.

How do you find a fragrance that works for your home?

You don't have to rationalize it so much. Pick something up and see if you like it or not. The most important thing is first impression. It shouldn't be intimidating—it's perfume. It's just something that nurtures our lives and makes life more colourful and a bit richer.

What's your favourite way to add scent to your home?

Usually, candles. I like the idea of a flame; I like it flickering. I think it relaxes me. I also really like fresh flowers, especially gardenias. They're not easy to get indoors and don't last a long time, but they are my favourite scent.



Unstopables candles, $8 each, walmart.ca.

LIFT THIS LOOK



BRUSH WITH GREATNESS

Give any room a little panache with a trendy specialty finish. Ralph Lauren's finishes line ($30 to $70, homedepot.ca) lets you re-create the texture of leather, denim or canvas on your wall. Unleash your inner artist with bold stripes, soft sponging or an ombré effect with Farrow & Ball's range of richly pigmented paints ($97 per U.S. gallon, us.farrow-ball.com). Or get creative with the Annie Sloan Stencil Collection ($22 to $39, anniesloan.com) and add abstract or nature-inspired flourishes to walls, furniture or home accents.

— *Jacqueline Kovacs*

GAME-CHANGER



MADE TO MEASURE

How many times have you puzzled over how much paint you need to buy, whether that new couch will fit its intended space or how many square feet of flooring you'll need? Stanley's TLM99s Laser Distance Measurer takes care of the guesswork—all you do is point and click to instantly calculate distance, volume or square footage of any space. Lightweight and small enough to fit inside your pocket, the device can measure a distance of up to 100 feet (30 metres) and features Bluetooth connectivity to sync with your smartphone or tablet via the Stanley Floor Plan app. When used together, the TLM99s and the app can help you create accurate floor plans to easily design your space. *Stanley TLM99s Laser Distance Measurer, $149, stanley tools.ca. Stanley Floor Plan, $3.50 each or $12 per month for unlimited downloads, through the App Store or the Google Play store. — JK*

PHOTOGRAPHY, KEVIN TACHMAN (HUBER); DANIEL HARRISON (CANDLES)





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ENJOY THE Show

Who knew buying a new TV, sound system or DVD player could be so confusing? Technology maven **Amber Mac** decodes the terminology and cuts through the hype to help you choose the right TV, audio and media player for your lifestyle.

MID-CENTURY MEDIA SET SMALL CONSOLE, WIDE HUTCH, TOWER HUTCHES, TOWER BASE AND TOWER BASED DOOR UNIT, WESTELM.COM

IF YOU'RE LOOKING TO BUY

A New Television

THE BASICS

Want a big-screen TV? For a comfortable viewing experience, including the best picture, make sure your room is large enough to accommodate the screen you're considering. The guideline is to allow a viewing distance that's 1½ times the outside width of the TV. So, if your couch is four feet from your TV wall, you shouldn't go bigger than a 32-inch screen. If your sitting distance is closer to 7½ feet, you can consider a 60-inch television.

With plasma TVs officially dead, you'll have to choose between OLED (organic light-emitting diode) and LED (light-emitting diode). An OLED will give you superior picture quality, but its price—typically starting at $3,000—may knock it out of some families' budgets. The more affordable LED will give you the 1080 pixels (or higher) needed for full high-definition TV at a more affordable price (as low as $400).

Most TVs are now smart—that is, connected to the Internet—so you can watch online content and use apps such as Netflix without having to hook up your home computer.

Set-top boxes—stand-alone streaming devices that can cost as little as $150—can make your TV smart, too. Apple TV now has easy access to new entertainment apps, interactive gaming and Siri (voice assistant) technology. So you can ask your Apple TV to search for (and play) your favourite show, without touching a keyboard.

For the MOVIE LOVER

Samsung 58" LED smart TV, $1,100, samsung.com.



- It's big enough that you'll get sucked in to your favourite movies and TV shows, yet it's the ideal size for most living rooms.
- It wirelessly accesses the Internet so you can stream content or get up to date on social networking.
- It can be mounted on a wall—a great space saver.

For the GAMER FAMILY

Sony 50" 1080p HD 120Hz LED Android TV KDL50W800C, $1,200, sony.ca.



- Fast screen-refresh rates mean there's less on-screen delay when you're playing action games.
- Works with your iPad or iPhone to access your personal content.
- The PlayStation Now feature lets you access popular PS3 games with a DualShock 4 controller—no additional console required.

For the BUDGET-CONSCIOUS

LG 43" LED TV - 43LF5400, $420, bestbuy.ca.



- It's a good option if you want to spend $500 or less.
- It features full-HD TV, so you're not skimping on picture detail.
- New technology reduces power consumption.

For the TECH GEEK

Samsung JS8500 SUHD TV 65", $5,300, samsung.com.



- It delivers top-of-the-line colour, contrast and brightness.
- It's excellent for watching 4K shows, such as *House of Cards* (the first 4K series on Netflix).
- You can easily plug in your USB drive to watch your personal library of movies or photos.

SOFA DISTANCE GUIDE

Use this guide to link screen sizes to how far your sofa is from the TV.



THE BUZZ

Expect to hear all about 4K—also called ultra HD—which boasts four times more pixels than a full-HD TV. Although the picture at this resolution is gorgeous, there is a limited library of 4K content available. Plus, since 4K files from streaming services such as Netflix are big, it's possible that you don't have enough bandwidth to enjoy the viewing experience. Full-HD quality is a solid choice if you're buying a TV in 2016, but 4K is the future.

ILLUSTRATIONS, VEER (BACKGROUND); THENOUNPROJECT.COM (ICONS)



IF YOU'RE LOOKING TO BUY

A New Audio System

THE BASICS

Think about your budget. If you want built-in wireless speakers, things can quickly get expensive. A ready-made option from a big box is more affordable and less hassle on the installation front.

When you listen to speakers in a showroom, everything is set up for maximum sound quality. They might sound quite different at home, so choose a retailer with a decent return policy.

Don't hide speakers inside cabinets or other furniture. It might look clutter-free, but the sound will be muddy.

For the MOVIE LOVER

Bose SoundTouch 130 home theatre system, $1,600, BoseSoundTouch130.com.



- It includes a remote, a wireless adapter, an ADAPTiQ headset and set-up cables—a good bet if you want to turn your living room into a mini theatre.
- It works wirelessly, so when you're not enjoying your favourite flicks, you can stream your music library.

For the MUSIC LOVER

Sonos Play:3, $330, sonos.com/play3.



- You can add on to this system.
- You can control your audio library from your smartphone or tablet.
- This single device with three speakers inside can play different music in different rooms of your house.

For the BUDGET-CONSCIOUS

Vizio 42" 5.2 Home Theatre Bar With Subwoofer and Satellite Speakers (S4251W-B4), $350, vizio.ca.



- With two rear speakers, this affordable system gives you an immersive-sound experience.
- A sleek sound bar sits below your TV and amplifies the sound.
- It includes a wireless sub-woofer, which reproduces a thunderous-bass sound, and a remote.

THE BUZZ

The biggest trend in home audio is invisibility. Some housing developers are working with home-automation companies to build in audio systems without bulky tech or visible wires. One company called ClearView has created a see-through speaker to pick up on this trend. Designer systems are also catching on; Bang & Olufsen's new wireless speaker, BeoPlay A6, looks like a large boomerang with stylish fabric on top, so you can mount it on the wall as a functional piece of techno art.

PHOTOGRAPHY, VEER (ROOM)

FIVE WAYS TO $AVE ON HOME TECH

1 *BUY THE PREVIOUS GENERATION* When trendy new products are released, there's a good chance the previous generation will go on sale. Annual tech updates are often minimal, so last year's model will still work great.

2 *PURCHASE OFF-SEASON* There are certain times of the year, such as holiday season, when television and home-theatre product prices are sky high. If you can wait until February, you'll get a much better deal.

3 *USE A DIGITAL SHOPPING ASSISTANT* When you're shopping in store, use the free Red Laser app (iOS and Android) to scan a product to find the lowest price nearby in your neighbourhood and see product reviews.

4 *CONSIDER AN OPEN-BOX ITEM* Most home-electronics stores have their products on display and sell them at a discount. Just make sure your item has all the necessary plugs and cables.

5 *COMPARE PRICES WITH DIGITAL FLYERS* The Flipp app (free, iOS and Android) delivers digital flyers to your fingertips. Create a list to monitor electronics stores for local deals and coupons.

IF YOU'RE LOOKING TO BUY

A New Blu-Ray Disc or DVD Player

THE BASICS

You may love your old DVD player, but it works best with a standard-definition TV. As we move to HD everything, consider a Blu-ray player.

Although these players have been around for a while, some people resist upgrading. Blu-ray players can still play regular old DVDs, but they also provide a better picture and sound support—plus, some can stream content.

THE BUZZ

Like TV, Blu-ray is going 4K, but the same rules apply—each shines bright only with a good library of compatible 4K content. If you're moving in this direction (and we'll get there in the next few years), you will see more 4K Blu-ray players available in 2016. Also, the price is coming down on these products, so adding one to your home-theatre shopping list won't break your budget.

For the MOVIE LOVER

Samsung BD-J5700/ZC, $110, samsung.com.



- It's extremely fast when you're accessing movies and streaming content (yes, you can watch Netflix with this product).

For the BUDGET-CONSCIOUS

Sony Blu-ray Player (BDPS1500), $80, sony.ca.



- Its ethernet port means you can access your favourite streaming content.
- Gamers will appreciate access to PlayStation Now (a cloud-based gaming service).

For the TECH GEEK

For the latest in Blu-ray, watch for 4K players in 2016!



- Making the move to 4K? Samsung is launching a 4K Blu-ray player in 2016.
- Match it with a 4K TV, such as the Samsung 60" 4K Ultra HD LED smart TV.



HOMES ARE GETTING UBER-INTELLIGENT. FIND OUR ROUNDUP OF MONITORING APPS AND SMART APPLIANCES AT *canadianliving.com/smarthome.*

PHOTOGRAPHY, GETTY IMAGES (WOMAN)

HOW TO

Integrate a TV Into Your Living Room

Making that new big-screen TV work with your living space can be a daunting decor task. Does it need its own wall? Where should you put the furniture? And what about all those cords? Here's how to make the most of your viewing pleasure without sacrificing the style of your room.

BY GLEN PELOSO & JAMIE ALEXANDER



Design duo
Glen Peloso (left) and Jamie Alexander



1 Position your TV so you look directly into the centre of the screen when you're seated (the screen's centre should be 48 inches from the floor).

2 If the room isn't all about watching television, hide your set completely. Buy a TV set in a mirror (ad-notam.com) or an art canvas designed to hide the screen with the flick of a remote (framemytv.com). For a more budget-friendly solution, minimize the TV's appearance with a patterned wallpaper on the wall behind it or make it part of a gallery wall to blend it in.

3 For optimal viewing, the distance rule is 1½ times the measurement of the screen from bottom right corner to top left corner. So, if your TV is 32 inches wide, your couch needs to be at least 48 inches (or four feet) from the screen.

4 A universal remote minimizes clutter and confusion. Store it in a coffee table drawer or in a decorative box or basket.

5 Go ahead and hang your TV above your fireplace! The firebox must be surrounded with a nonflammable material (usually, stone or tile) for safety. Think of the TV as a mirror or a piece of art: Hang it a few inches above the mantel. It might be a good idea to mark the spot first, then sit on your couch to see if it feels comfortable for viewing, before you get the drill out.

6 If you hang the TV on a wall bracket, hide cords by making small holes behind the TV and the cable box, then fish cords through to connect. Consider installing an outlet behind the TV to deal with cords, or use cord covers, then paint or wallpaper them to match the wall.

Save space with these STORAGE UNITS



Bestå Burs ***TV bench****, $229, ikea.ca.*



Canvas Camden ***TV stand****, $250, canadiantire.ca.*



Go-Cart ***TV stand-coffee table****, $249, cb2.com.*



Modern ***media console (small)****, $1,115, westelm.com.*



Distillery ***media unit****, $849, urbanbarn.com.*

PHOTOGRAPHY: LARRY ARNAL (ROOM)

Canadian Living 40th ANNIVERSARY









ON OCT. 7, 2015, CANADIAN LIVING hosted a party to celebrate the magazine's 40th anniversary. Guests sipped on Prosecco and nibbled delicious hors d'oeuvres while visiting "rooms" outfitted by IKEA Canada where they learned how to make appetizers, choose a Bite Beauty lipstick, create place cards and even discern the age of their heart (versus their actual age) using Samsung tablets. After a few words from publisher and editor-in-chief Sandra E. Martin, guests were treated to an exciting video highlighting a year's worth of celebrity guest editors. Then it was time to tuck into into a mouthwatering family-style meal created entirely from Canadian Living recipes, accompanied by wine from Château des Charmes. What a night! Thanks to all for helping us celebrate 40 years of CL. Here's to 40 more!

EVAN BERGSTRA/RYAN EMBERLEY PHOTOGRAPHY









Canadian Living publisher and editor-in-chief Sandra E. Martin (centre) with managing editor Day Helesic, Fashion & Beauty director Julia McEwen, Food director Annabelle Waugh and creative director Brendan Fisher.



THANK YOU TO OUR PARTNERS

IKEA

CHÂTEAU DES CHARMES

Cook & Eat

Quick + Easy

Escape dreary winter evenings with these internationally inspired dinners that are low on prep and easy on cleanup.

BY IRENE FONG & THE TEST KITCHEN

GLUTEN-FREE DAIRY-FREE NUT-FREE VEGETARIAN





One-Pan Jerk Chicken Dinner, p. 71

PHOTOGRAPHY: STEVE KRUG. FOOD STYLING, NOAH WITENOFF. PROP STYLING, JENNIFER EVANS

CANADIAN LIVING TESTED TILL PERFECT EST. 1975 TEST KITCHEN

× On The Menu ×

Party-Worthy Apps and Cocktails P. 74

The Ultimate Clam Chowder P. 82

From-Scratch Fresh Pasta P. 84

Desserts Made for Sharing P. 90

Bite-Size Cheese Balls P. 98



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SKILLET STROGANOFF PIE

Hands-on time: 25 minutes
Total time: 30 minutes
Makes: 4 to 6 servings

There's no need to choose between shepherd's pie and beef Stroganoff, thanks to this simple skillet dinner, which combines a creamy mushroom-and-beef filling with a smooth, buttery potato topping.

3	large russet potatoes (about 1 kg total)
450 g	extra-lean ground beef
2 tbsp	butter
1	small onion, chopped
2	cloves garlic, minced
2 tsp	chopped fresh thyme
1	pkg (227 g) cremini or button mushrooms, sliced
1¼ tsp	salt
¾ tsp	pepper
1 tbsp	Dijon mustard
2 tsp	Worcestershire sauce
2 tbsp	all-purpose flour
¾ cup	frozen peas
¼ cup	sour cream
1 cup	milk, warmed
2 tbsp	chopped fresh parsley

Using fork, prick potatoes all over. Microwave on high, turning once, until fork-tender, 8 to 10 minutes. Set aside until cool enough to handle.

Meanwhile, in 10-inch (25 cm) cast-iron or ovenproof skillet, cook beef over medium-high heat, breaking up with spoon, until no longer pink, about 4 minutes. Using slotted spoon, remove beef to bowl. Set aside.

Drain fat from skillet. Add half of the butter; melt over medium-high heat. Cook onion, garlic and thyme, stirring, until onion is softened, about 4 minutes. Add mushrooms, ¾ tsp of the salt and ½ tsp of the pepper; cook, stirring, until mushrooms are softened, about 4 minutes.

Stir in beef, mustard and Worcestershire sauce. Sprinkle with flour; cook, stirring, for 1 minute. Stir in 1¼ cups water; bring to boil, scraping up browned bits. Reduce heat and simmer until thickened, about 5 minutes. Stir in peas and sour cream; remove from heat. Set aside.

Peel potatoes; place potato flesh in bowl. Add milk, parsley and remaining salt and pepper; using potato masher, mash until smooth. Dollop over beef mixture, spreading to edge; dot top with remaining butter. Broil until golden, 3 to 4 minutes. Let stand for 5 minutes before serving.

PER EACH OF 6 SERVINGS: about 338 cal, 23 g pro, 12 g total fat (6 g sat. fat), 35 g carb (4 g dietary fibre, 6 g sugar), 58 mg chol, 651 mg sodium, 1,034 mg potassium. % RDI: 10% calcium, 25% iron, 12% vit A, 40% vit C, 20% folate.

TIP FROM THE TEST KITCHEN

Stirring the peas in at the last minute helps retain their bright-green colour.

feel All-Bran new

Fibre-Rich Chili Recipe

Ingredients

1 lb lean ground beef
1 large onion
2 medium green peppers
1 can tomatoes
1 can tomato sauce
4 tsp chili powder
1/4 tsp garlic powder
1/4 tsp salt
1/8 tsp pepper
1 can red kidney beans
1 cup All-Bran Buds or All-Bran Original* cereal*

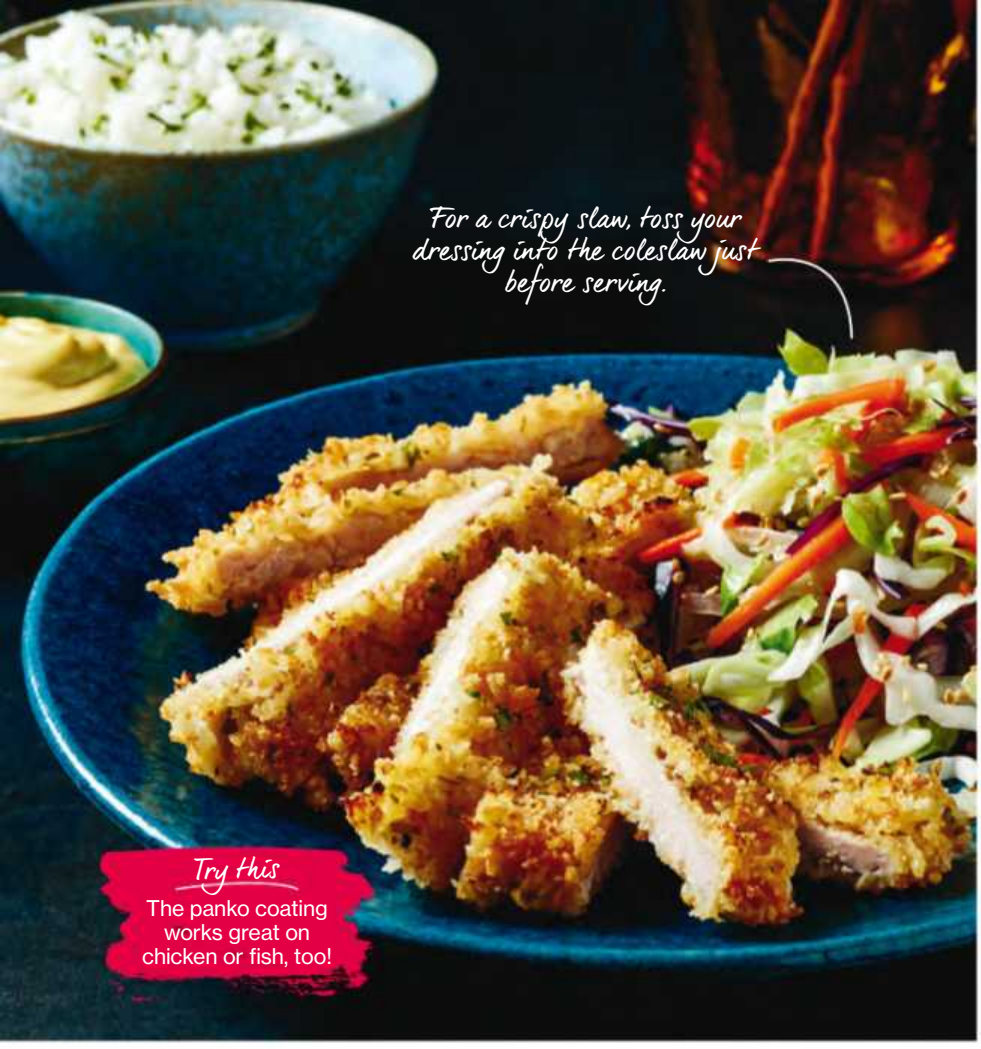
Directions

In a large, heavy saucepan, cook beef with onion and green pepper until meat is brown, stirring frequently. Drain off any fat. Break tomatoes into chunks and add to saucepan. Stir in tomato sauce, chili powder, garlic powder, salt and pepper until well mixed. Stir in beans and bring to a boil. Reduce heat and simmer uncovered for 40 minutes, stirring occasionally. Stir in All-Bran Buds or All-Bran Original* cereal and cook for 10 minutes longer, stirring frequently.*

See what else is in the box at allbran.ca



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CRISPY JAPANESE-STYLE PORK WITH SESAME SLAW

Hands-on time: 25 minutes
Total time: 30 minutes
Makes: 4 servings

This shortcut version of tonkatsu, a crispy pork cutlet that's a favourite in Japan, doesn't require any deep-frying but tastes just as delicious as the traditionally prepared dish. Toasting the panko before breading the pork results in an even golden crust. Serve with a dab of spicy mustard.

Rice:

1 cup	long-grain rice, rinsed

Crispy Pork:

¾ cup	panko bread crumbs
4 tsp	vegetable oil
1	green onion, minced
4	boneless pork loin chops (about 450 g total)
¼ tsp	each salt and pepper
¼ cup	all-purpose flour
1	egg, lightly beaten

Sesame Slaw:

1 tsp	white miso paste
1 tsp	warm water
3 tbsp	vegetable oil
1 tbsp	seasoned rice vinegar
1 tsp	minced peeled ginger
1 tsp	liquid honey
1 tsp	sesame oil
4 cups	coleslaw mix or shredded cabbage
¼ cup	thinly sliced onion
1½ tsp	sesame seeds, toasted

Rice: In saucepan, cook rice according to package instructions. Fluff with fork. Keep warm.

Crispy Pork: While rice is cooking, in small skillet, mix bread crumbs with oil; cook over medium-high heat, stirring, until golden, 4 to 5 minutes. Transfer to shallow bowl; stir in green onion. Set aside.

Between plastic wrap or waxed paper, use meat mallet or bottom of heavy pan to flatten pork to ½-inch (1 cm) thickness. Sprinkle pork all over with salt and pepper. Dredge in flour, shaking off excess. Dip in egg, letting excess drip off. Dredge in bread crumb mixture, pressing to adhere.

Arrange pork on lightly greased rimmed baking sheet. Bake in 425°F (220°C) oven, turning once, until just a hint of pink remains inside, about 10 minutes. Broil until crisp, 1 to 2 minutes. Transfer to rack set over rimmed baking sheet; let rest for 2 minutes. Cut crosswise into strips.

Sesame Slaw: While pork is baking, in large bowl, whisk together miso paste and warm water until miso paste is dissolved; whisk in vegetable oil, vinegar, ginger, honey and sesame oil. Add coleslaw mix, onion and sesame seeds; toss to coat. Serve with pork and rice.

PER SERVING: about 593 cal, 32 g pro, 28 g total fat (6 g sat. fat), 53 g carb (3 g dietary fibre, 6 g sugar), 96 mg chol, 423 mg sodium, 474 mg potassium. % RDI: 5% calcium, 12% iron, 12% vit A, 30% vit C, 20% folate.

TIP FROM THE TEST KITCHEN

Sesame seeds contain oil that can go rancid. To preserve their freshness, store them in the freezer until you're ready to use them.

STIR-FRIED SEAFOOD UDON NOODLES

Hands-on time: 20 minutes
Total time: 20 minutes
Makes: 4 servings

For nights when you're low on time, udon noodles are a great ingredient to have on hand because there's no need to boil them in a saucepan; simply separate the noodles by hand, then add them directly to your stir-fry for a one-pan dinner that's ready in no time.

4 tsp	vegetable oil
225 g	jumbo shrimp (21 to 25 count), peeled and deveined
225 g	jumbo scallops (20 to 40 count), patted dry
1 tbsp	minced peeled fresh ginger
2	cloves garlic, minced
2	pkg (each 200 g) fresh udon noodles
4	heads Shanghai bok choy (about 450 g total), cut in ½-inch (1 cm) wedges
2 cups	sliced stemmed shiitake mushrooms
1	sweet red pepper, thinly sliced
2	green onions, sliced diagonally in ½-inch (1 cm) thick pieces
2 tbsp	oyster sauce
¼ tsp	pepper

In large nonstick skillet or wok, heat half of the oil over medium-high heat; cook shrimp and scallops, stirring frequently, just until shrimp are pink and scallops are opaque, about 3 minutes. Remove to plate; set aside.

In same skillet, heat remaining oil over medium-high heat; cook ginger and garlic, stirring, until fragrant,



about 1 minute. Add noodles, bok choy, mushrooms, red pepper, green onions and ⅔ cup water; cook, stirring, until noodles are softened, about 4 minutes. Add shrimp, scallops, oyster sauce and pepper; cook, stirring, until combined.

PER SERVING: about 316 cal, 25 g pro, 7 g total fat (1 g sat. fat), 41 g carb (4 g dietary fibre, 3 g sugar), 78 mg chol, 638 mg sodium, 833 mg potassium. % RDI: 14% calcium, 23% iron, 59% vit A, 162% vit C, 29% folate.

TIP FROM THE TEST KITCHEN

For best results, pat the shrimp and scallops dry with paper towel before cooking.

ONE-PAN JERK CHICKEN DINNER

Hands-on time: 10 minutes
Total time: 50 minutes
Makes: 4 servings

Very little prep is needed for this tasty one-dish dinner—simply toss together and bake! We've made our own jerk spice, which will keep for months in a sealed container, but you can also look for a prepared mix in the international section or spice aisle of your grocery store. Serve with our Pineapple Salad (see recipe, right).

2 tsp	dried thyme
1 tsp	garlic powder
¾ tsp	salt
½ tsp	each ground allspice, ground coriander and ground ginger
¼ tsp	pepper
pinch	cayenne pepper
8	skin-on chicken drumsticks (about 900 g total)
300 g	white or yellow-fleshed potato (about 1), cut in wedges
300 g	sweet potato (about 1), cut in wedges
1	sweet red pepper, cut in 1-inch (2.5 cm) thick slices
1	small onion, cut in wedges

In small bowl, whisk together thyme, garlic powder, salt, allspice, coriander, ginger, pepper and cayenne pepper.

In plastic bag, add chicken and 4 tsp of the thyme mixture. Holding bag closed, shake to coat chicken.

In lightly greased large roasting pan, toss together white potato, sweet potato, red pepper, onion and remaining thyme mixture; arrange vegetables in single layer. Add chicken.

Roast in 425°F (220°C) oven until juices run clear when chicken is pierced and potatoes are softened, about 40 minutes. Broil until chicken and vegetables are golden, about 3 minutes.

PER SERVING: about 388 cal, 28 g pro, 16 g total fat (4 g sat. fat), 34 g carb (5 g dietary fibre, 8 g sugar), 102 mg chol, 559 mg sodium, 888 mg potassium. % RDI: 6% calcium, 26% iron, 133% vit A, 150% vit C, 16% folate.

PINEAPPLE SALAD

In large bowl, whisk together 4 tsp vegetable oil, 1½ tsp lime juice, ½ tsp liquid honey and pinch each salt and pepper. Add 6 cups mixed baby greens, 1 cup chopped cored peeled pineapple and ¼ cup thinly sliced red onion; toss to coat.

SLOW COOKER DAL

Hands-on time: 20 minutes
Total time: 8¼ hours
Makes: 6 to 8 servings

Green lentils hold their shape after hours of cooking, so they're ideal for slow cooker recipes. Partially blending this classic vegetarian curry creates the same thick, velvety texture you'd find in a restaurant. Serve with roti or rice.

2	onions
2 cups	dried green lentils, rinsed
2	tomatoes, seeded and chopped
1	jalapeño pepper, sliced
4	cloves garlic, minced
4 tsp	minced fresh ginger
1 tbsp	each cumin seeds and ground coriander
¼ cup	butter
1 tbsp	lemon juice
1½ tsp	salt
½ tsp	pepper
½ cup	plain Balkan-style yogurt
¼ cup	chopped fresh cilantro

Slice 1 of the onions; set aside. Finely chop remaining onion.

In slow cooker, combine chopped onion, lentils, half of the tomatoes, the jalapeño pepper, garlic, ginger, half each of the cumin seeds and coriander and 6 cups water. Cover and cook on low until lentils are tender, 8 to 10 hours.

Using immersion blender, purée mixture to desired consistency and thickness, leaving some lentils whole. *(Make-ahead: Refrigerate in airtight container for up to 24 hours or freeze for up to 3 weeks; reheat before continuing with recipe.)*

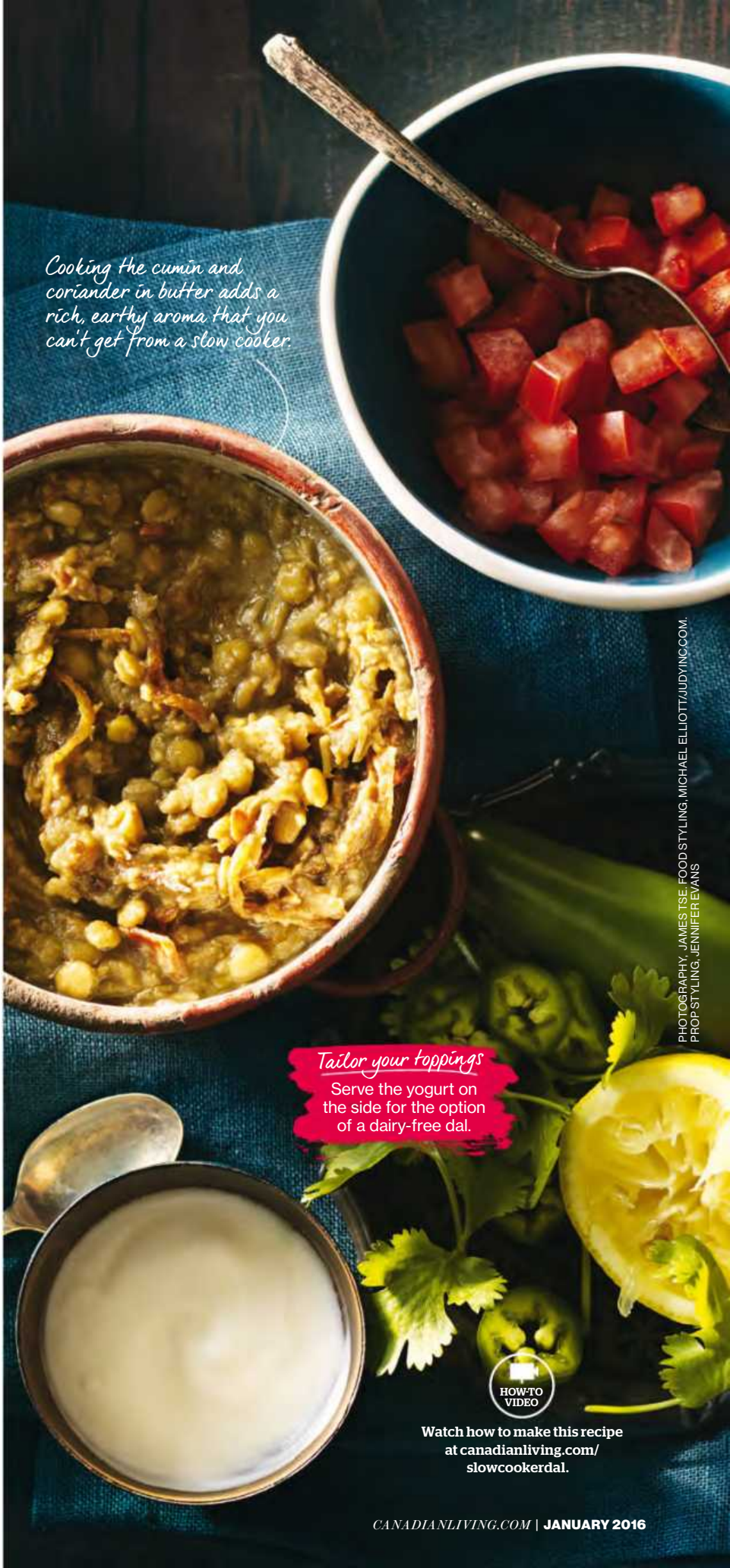
Meanwhile, in skillet, melt butter over medium heat; cook sliced onion, stirring, until dark golden, about 7 minutes. Add remaining cumin seeds and coriander; cook, stirring, until fragrant, about 1 minute. Stir in lemon juice, salt and pepper.

Stir onion mixture into slow cooker. Serve dal with yogurt, cilantro and remaining tomatoes.

PER EACH OF 8 SERVINGS: about 251 cal, 14 g pro, 7 g total fat (4 g sat. fat), 35 g carb (7 g dietary fibre, 5 g sugar), 18 mg chol, 486 mg sodium, 720 mg potassium. % RDI: 6% calcium, 37% iron, 10% vit A, 18% vit C, 119% folate.

TIP FROM THE TEST KITCHEN

If you don't have an immersion blender, add one-third of the lentil mixture to a blender, purée until smooth and then stir the purée back into the slow cooker.



PHOTOGRAPHY, JAMES TSE. FOOD STYLING, MICHAEL ELLIOTT/JUDYINC.COM. PROP STYLING, JENNIFER EVANS



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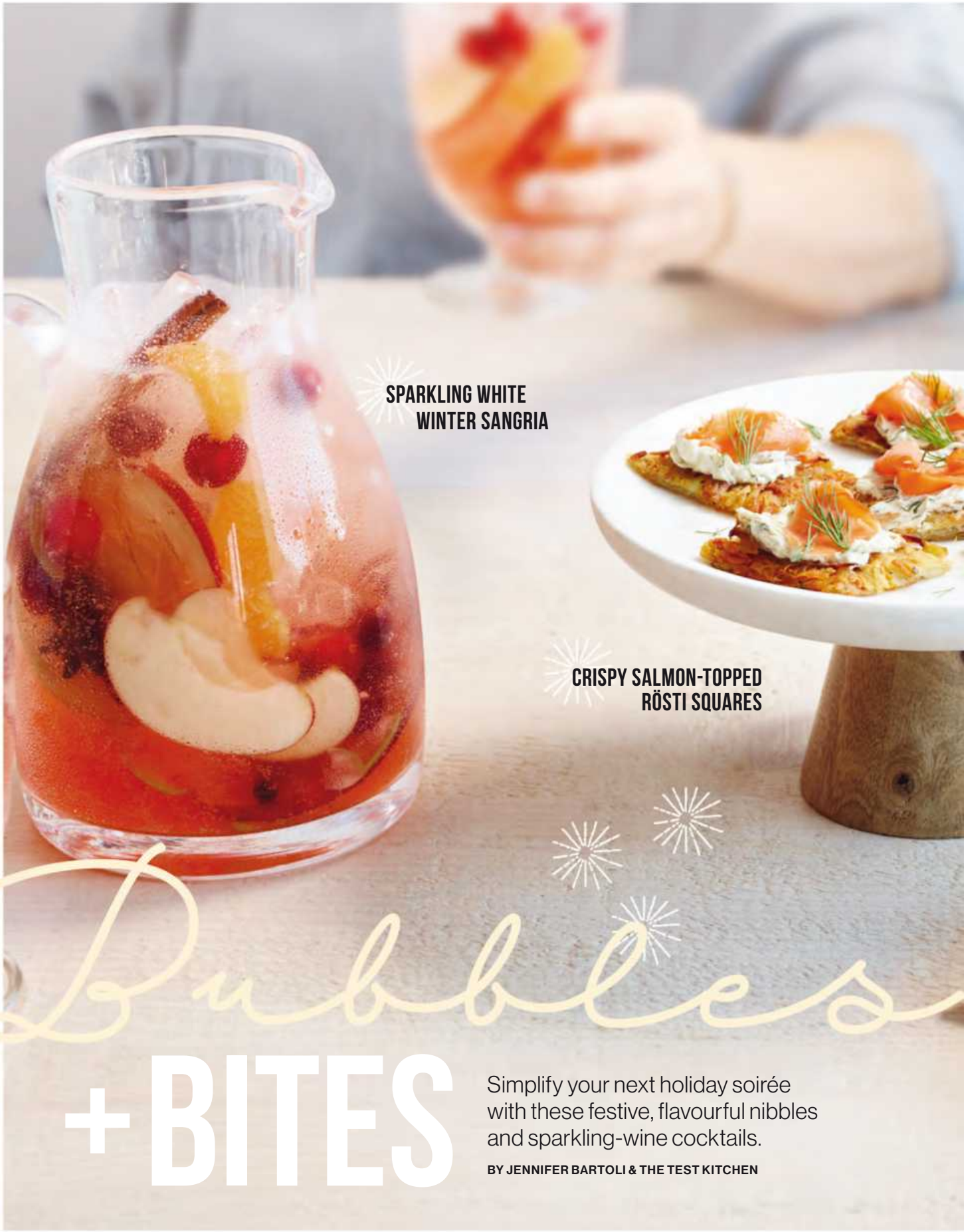
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Bubbles + BITES

Simplify your next holiday soirée with these festive, flavourful nibbles and sparkling-wine cocktails.

BY JENNIFER BARTOLI & THE TEST KITCHEN

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PHOTOGRAPHY, STEVE KRUG. FOOD STYLING, NOAH WITENOFF. PROP STYLING, JENNIFER EVANS

SPARKLING WHITE WINTER SANGRIA

Hands-on time: 10 minutes
Total time: 2½ hours
Makes: 6 to 8 servings

Sweet spices, winter fruit and sparkling white wine give this sangria a nod to the holiday season. For a pretty garnish, add a star anise to each glass before pouring in the sangria.

½ cup	frozen cranberries
½ cup	granulated sugar
3	star anise
2	cinnamon sticks
1	apple, cored and thinly sliced
1	pear, cored and thinly sliced
pinch	salt
3	clementines, peeled and cut in segments
⅓ cup	orange-flavoured liqueur
¼ tsp	aromatic bitters
2 cups	ice cubes
1	bottle (750 mL) dry sparkling wine

Place cranberries in heatproof bowl. In small saucepan, bring sugar, star anise, cinnamon sticks and ½ cup water to boil, stirring frequently; pour over cranberries. Let cool completely.

In pitcher, combine cranberry mixture, apple, pear and salt. Let stand for 2 hours, stirring twice. Stir in clementines, orange-flavoured liqueur and bitters. Add ice cubes; pour in sparkling wine. Serve immediately.

PER EACH OF 8 SERVINGS: about 203 cal, trace pro, trace total fat (trace sat. fat), 27 g carb (2 g dietary fibre, 24 g sugar), 0 mg chol, 7 mg sodium, 161 mg potassium. % RDI: 2% calcium, 3% iron, 27% vit C, 4% folate.

HOW-TO VIDEO

Watch how to make our sparkling sangria at canadianliving.com/wintersangria.

SMOKED CHEDDAR PANCAKES WITH PICKLED BEETS

Hands-on time: 30 minutes
Total time: 30 minutes
Makes: about 30 pancakes

For the best texture, make sure not to overstir the pancake batter; it should be a bit lumpy before you fold in the cheese and green onions. Store-bought pickled beets make a super-quick and tasty garnish.

¾ cup	all-purpose flour
½ tsp	each baking powder and baking soda
pinch	salt
¾ cup	buttermilk
1	egg
2 tbsp	butter, melted
½ cup	shredded smoked Cheddar cheese
3	green onions, sliced
⅓ cup	crème fraîche or sour cream
1 tbsp	finely chopped fresh chives
¼ cup	matchstick-cut pickled beets (about 2)

In large bowl, whisk together flour, baking powder, baking soda and salt. In separate bowl, whisk together buttermilk, egg and half of the butter; pour over flour mixture. Whisk until combined yet still lumpy. Fold in Cheddar and green onions.

Lightly brush large nonstick skillet or griddle with some of the remaining butter; heat over medium heat. Working in batches and brushing skillet with remaining butter as necessary, drop batter by 1 tbsp, spreading slightly to form 1¾-inch (4.5 cm) rounds; cook until bubbles form on tops, about 2 minutes. Turn pancakes; cook until bottoms are golden, about 1½ minutes. Transfer to warmed plate.

Mix crème fraîche with 2 tsp of the chives; dollop scant ½ tsp onto each pancake. Top with beets; sprinkle with remaining chives.

PER PANCAKE: about 43 cal, 1 g pro, 3 g total fat (2 g sat. fat), 3 g carb (trace dietary fibre, 1 g sugar), 15 mg chol, 55 mg sodium, 24 mg potassium. % RDI: 2% calcium, 1% iron, 4% vit A, 3% folate.

TIP FROM THE TEST KITCHEN

Beets will stain hands, so wear kitchen gloves while cutting them into matchsticks.



BUBBLY BACON AND BUTTERNUT DIP

TIP FROM THE TEST KITCHEN

Keep a close eye on the dip while it's broiling, as it can quickly go from bubbling and golden to overdone.

BUBBLY BACON AND BUTTERNUT DIP

Hands-on time: 30 minutes
Total time: 40 minutes
Makes: about 2 cups

Grating the squash takes a bit of effort but allows it to cook faster, saving you time in the end; you can speed up prep by using the grater attachment on your food processor. The dip is piping hot when it comes out of the oven, so let it cool slightly before serving. Use the cooling time to slice some fresh baguette and crudités for dipping.

4	strips bacon, thinly sliced
2 cups	grated seeded peeled butternut squash (about half small squash)
3	green onions, thinly sliced
3	cloves garlic, minced
2 tbsp	butter
2 tbsp	all-purpose flour
⅔ cup	milk
½ cup	whipping cream (35%)
¼ tsp	pepper
pinch	each salt and cayenne pepper
¾ cup	shredded Gruyère cheese
2 tbsp	lemon juice

In saucepan, cook bacon over medium heat, stirring occasionally, until lightly browned, about 5 minutes. Using slotted spoon, remove bacon to bowl.

Reserving 2 tsp fat, drain. Return reserved fat to pan. Add squash; cook over medium heat, stirring and adding 2 tbsp water when squash starts to stick, until softened, about 5 minutes. Add green onions and garlic; cook, stirring, until fragrant, about 1 minute. Remove from heat; stir in bacon. Scrape into bowl. Set aside.

In same saucepan, melt butter over medium heat. Add flour; cook, whisking constantly, for 1 minute. Whisk in milk, cream, pepper, salt and cayenne pepper; bring to boil, whisking often. Reduce heat and simmer, whisking, until thick enough to coat back of spoon, about 4 minutes. Stir in squash mixture, ½ cup of the Gruyère and the lemon juice.

Scrape into 2-cup ovenproof dish; sprinkle with remaining Gruyère. Broil for 4 minutes. Let stand for 5 minutes.

PER TBSP: about 48 cal, 2 g pro, 4 g total fat (2 g sat. fat), 2 g carb (trace dietary fibre, trace sugar), 12 mg chol, 56 mg sodium, 47 mg potassium. % RDI: 4% calcium, 1% iron, 10% vit A, 2% vit C, 1% folate.

POMEGRANATE-GINGER SPARKLER

Hands-on time: 10 minutes
Total time: 1¼ hours
Makes: 2 servings

Pomegranate seeds and a little bubbly make this a festive option for entertaining. To make an extra-special garnish, add a few pomegranate seeds to each well of an ice cube tray and top them up with water. Freeze and then serve alongside the sparklers.

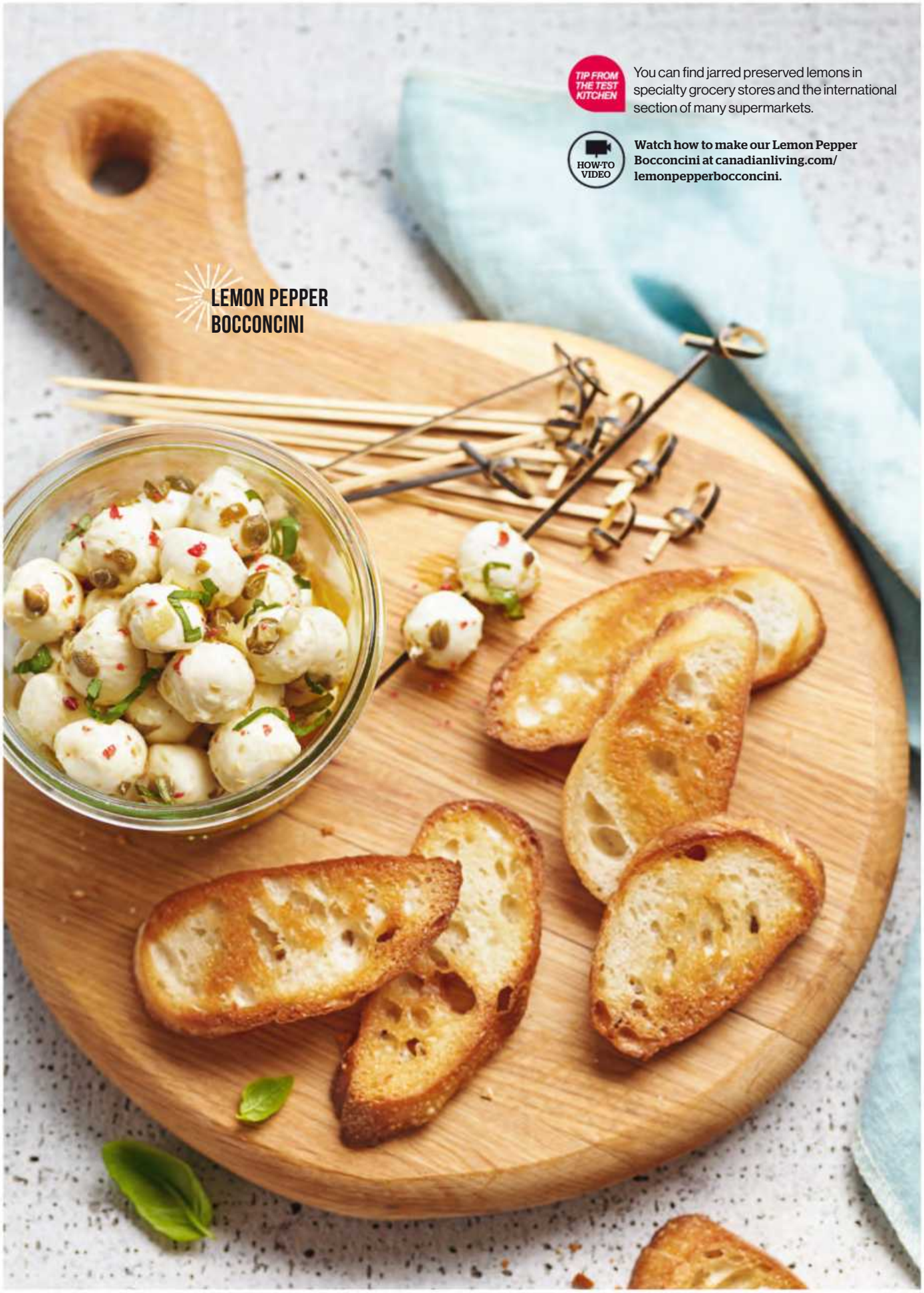
½ cup	granulated sugar
1	piece (2 inches/5 cm) fresh ginger, peeled and sliced
¼ cup	pomegranate juice, chilled
4 tsp	lemon juice
dash	aromatic bitters
1¼ cups	sparkling wine, chilled
¼ cup	pomegranate seeds
1	piece candied ginger, halved

In saucepan, bring sugar, ginger and ½ cup water to boil, stirring often. Remove from heat; let cool for 20 minutes. Strain syrup through fine-mesh sieve; discard ginger. Refrigerate until chilled, about 30 minutes. *(Make-ahead: Refrigerate in airtight container for up to 1 month.)*

In bowl, stir together pomegranate juice, lemon juice, bitters and 3 tbsp of the syrup; reserve remaining syrup for another use. Divide pomegranate juice mixture among two champagne glasses; pour in sparkling wine. Add pomegranate seeds; garnish glasses with candied ginger. Serve immediately.

PER SERVING: about 210 cal, trace pro, trace total fat (trace sat. fat), 24 g carb (trace dietary fibre, 23 g sugar), 0 mg chol, 15 mg sodium, 291 mg potassium. % RDI: 2% calcium, 6% iron, 8% vit C, 5% folate.





TIP FROM THE TEST KITCHEN

You can find jarred preserved lemons in specialty grocery stores and the international section of many supermarkets.

HOW-TO VIDEO

Watch how to make our Lemon Pepper Bocconcini at canadianliving.com/lemonpepperbocconcini.

LEMON PEPPER BOCCONCINI



TIP FROM THE TEST KITCHEN

For the best texture, evenly pat down the potato mixture using the flat side of a large spatula or the bottom of a small bowl.

LEMON PEPPER BOCCONCINI

Hands-on time: 10 minutes
Total time: 2¼ hours
Makes: 8 servings

Marinating these bite-size fresh mozzarella balls in a lemony marinade gives the flavour time to develop. Serve them with toasted baguette slices.

2	pkg (each 180 g) mini mozzarella balls or mini bocconcini
¼ cup	extra-virgin olive oil
4 tsp	capers, drained, rinsed and chopped
1 tbsp	lemon juice
2 tsp	finely diced jarred preserved lemon zest
1 tsp	pink peppercorns, coarsely chopped
6	basil leaves, thinly sliced
¼ tsp	salt

In large bowl, toss together mozzarella, oil, capers, lemon juice, preserved lemon zest and peppercorns; cover and refrigerate for 2 hours. *(Make-ahead: Refrigerate for up to 24 hours.)* Let stand at room temperature for 20 minutes. Stir in basil and salt.

PER SERVING: about 182 cal, 9 g pro, 15 g total fat (7 g sat. fat), 2 g carb (trace dietary fibre, trace sugar), 36 mg chol, 126 mg sodium, 9 mg potassium. % RDI: 23% calcium, 1% iron, 6% vit A, 2% vit C.

CRISPY SALMON-TOPPED RÖSTI SQUARES

Hands-on time: 25 minutes
Total time: 1½ hours
Makes: 60 pieces

This baked one-pan version of rösti is our secret to feeding a crowd without spending the evening in front of a stove. Start with a clean oven to avoid setting off your smoke alarm, as these squares cook at a high temperature.

Rösti:

1 kg	russet potatoes (about 2 large), peeled
400 g	sweet potato (about 1 large), peeled
2 tbsp	butter, melted
¾ tsp	each onion powder and salt
¼ tsp	each pepper and freshly grated nutmeg

Dill-Mustard Cream Cheese:

one-third	pkg (250 g pkg) cream cheese, softened
pinch	grated lemon zest
1 tbsp	lemon juice
2 tsp	Dijon mustard
2 tsp	capers, drained, rinsed and finely chopped
2 tsp	fresh dill, finely chopped
pinch	pepper

Topping:

150 g	smoked salmon, sliced in 60 bite-size strips
4 tsp	fresh dill

Rösti: In large saucepan of boiling salted water, cook russet potatoes and sweet potato, covered, until slightly tender, about 10 minutes; drain. Let cool enough to handle.

Using coarse side of box grater, grate russet potatoes and sweet potato into large bowl; stir in butter, onion powder, salt, pepper and nutmeg until combined.

Press into bottom of parchment paper–lined 15- x 10-inch (40 x 25 cm) rimmed baking sheet. Bake on bottom rack of 450°F (230°C) oven until bottom and top are golden, about 55 minutes. Let cool slightly. *(Make-ahead: Let cool completely; cover and refrigerate for up to 2 hours. Reheat in 375°F/190°C oven until warmed through, about 10 minutes.)* Cut into 60 squares.

Dill-Mustard Cream Cheese: In bowl, beat together cream cheese, lemon zest, lemon juice, mustard, capers, dill and pepper until smooth. Spread onto rösti squares.

Topping: Garnish each rösti square with 1 strip of salmon and 1 small sprig of dill.

PER PIECE: about 28 cal, 1 g pro, 1 g total fat (1 g sat. fat), 4 g carb (trace dietary fibre, trace sugar), 3 mg chol, 113 mg sodium, 79 mg potassium. % RDI: 1% calcium, 1% iron, 10% vit A, 5% vit C, 1% folate.



MINI LOBSTER ROLLS

Hands-on time: 20 minutes
Total time: 45 minutes
Makes: 10 rolls

Assemble these four-bite lobster rolls right before serving so the bread doesn't get soggy. We like to use mini brioche rolls, but dinner rolls work well, too!

2	live lobsters (each about 600 g)
¼ cup	mayonnaise
¼ cup	diced celery (about 1 rib)
4	cornichons, diced
3 tbsp	chopped fresh chives
2 tsp	lemon juice
pinch	each salt and pepper
5	small soft dinner rolls (about 4 inches/10 cm long)

In large tall saucepan, pour in enough salted water to cover lobsters (do not add lobsters); bring to rolling boil over high heat. Remove rubber bands from lobster claws. Plunge each lobster headfirst into saucepan; cover and return to boil. Reduce heat and simmer until lobsters are bright red and small legs easily come away when twisted and pulled, 8 to 10 minutes. Let cool enough to handle.

Place 1 lobster on work surface. Twist off tail; using sharp chef's knife or kitchen shears, remove meat from tail. Crack claws; remove meat from claws. Cut meat into bite-size chunks. Repeat with remaining lobster.

In bowl, stir together mayonnaise, celery, cornichons, all but 2 tsp of the chives, the lemon juice, salt and pepper; stir in lobster.

Halve dinner rolls lengthwise. Using fingers, remove some of the bread from centre of each half, leaving ½-inch (1 cm) border around edge; discard centres. Fill each hollow with 2 tbsp of the lobster mixture, packing down gently. Arrange rolls, cut sides up, on platter. Sprinkle with remaining chives. Serve immediately.

PER ROLL: about 116 cal, 7 g pro, 6 g total fat (1 g sat. fat), 9 g carb (1 g dietary fibre, 1 g sugar), 20 mg chol, 227 mg sodium, 123 mg potassium. % RDI: 3% calcium, 5% iron, 2% vit A, 2% vit C, 10% folate.

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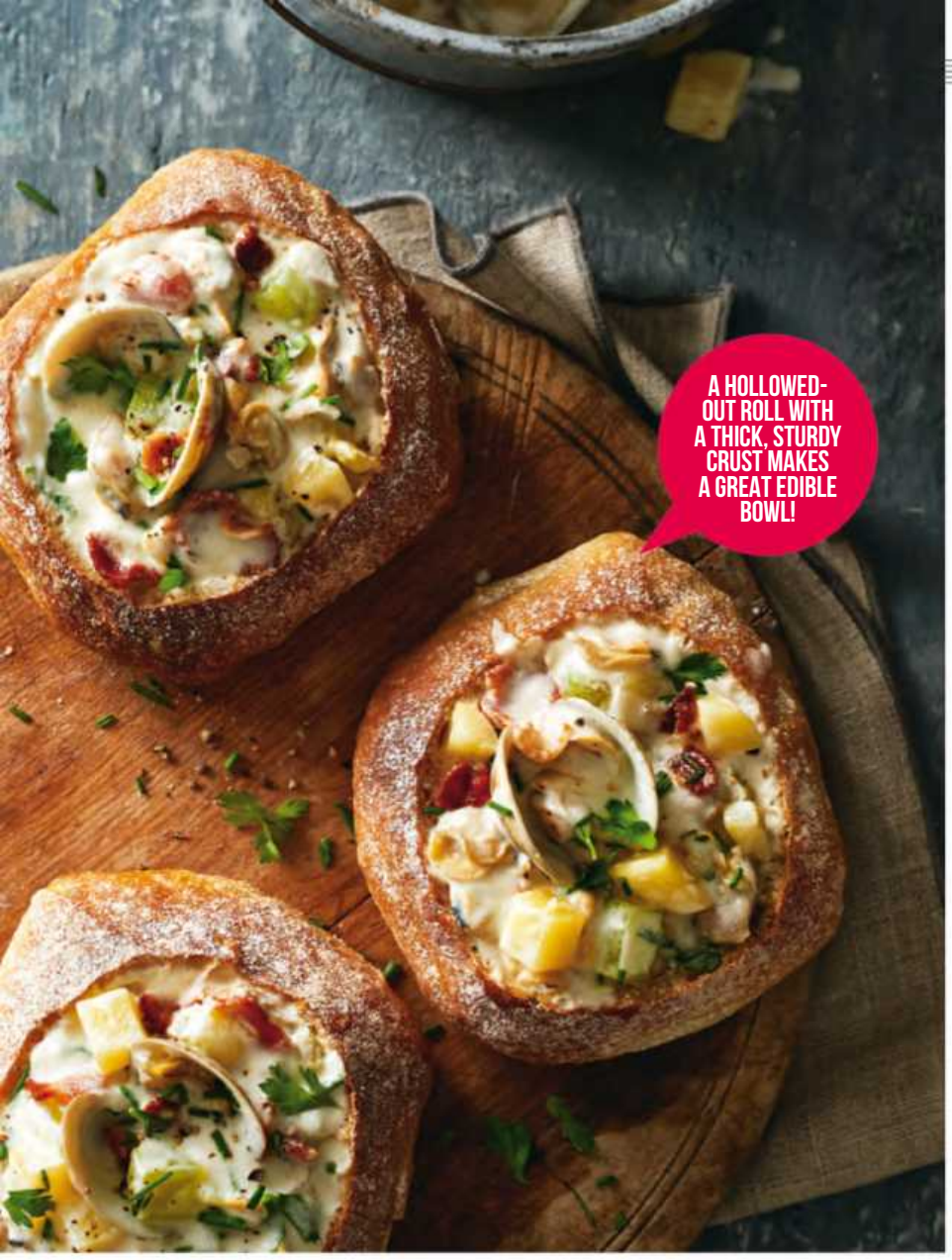
Shell Game

The sweet-and-salty flavours of fresh East Coast clams dazzle in this rich, creamy chowder that redefines comfort in a bowl.

BY AMANDA BARNIER & THE TEST KITCHEN



PHOTOGRAPHY, JODI PUDGE. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, LAURA BRANSON



THE ULTIMATE CLAM CHOWDER

Hands-on time: 45 minutes
Total time: 1¼ hours
Makes: 8 servings

The secret to making this dish ultimately delicious is simple: Leave the cans on the shelf and use only fresh East Coast clams. For an even more spectacular chowder, serve it in bread bowls you make by hollowing out small round loaves or extra-large crusty hamburger buns.

2.25 kg	fresh littleneck clams
6	strips bacon, diced
1 tbsp	butter
2	shallots, diced
1	rib celery, diced
2	cloves garlic, minced
2	sprigs fresh thyme
1	bay leaf
⅓ cup	all-purpose flour
550 g	yellow-fleshed potatoes (about 2), peeled and diced
½ tsp	pepper
½ cup	dry sherry
1 tbsp	lemon juice
1 tsp	Worcestershire sauce
1½ cups	18% cream
2 tbsp	each chopped fresh chives and fresh parsley

Scrub clams; discard any clams that do not close when tapped. In Dutch oven or large heavy-bottomed saucepan, bring clams and 1 cup water to boil over high heat. Reduce heat to medium, cover and cook until clams have opened, about 10 minutes.

Discard any clams that do not open. Using slotted spoon, remove remaining clams to bowl. Set aside.

Strain cooking liquid through cheesecloth-lined fine-mesh sieve into bowl; pour into liquid measure. Add enough water to yield 3½ cups. Set aside.

Remove meat from all but 8 of the clams to cutting board; coarsely chop meat. Refrigerate chopped clam meat and remaining clams until ready to use.

In Dutch oven or large heavy-bottomed saucepan, cook bacon over medium heat, stirring often, until crisp, about 10 minutes. Using slotted spoon, remove bacon to bowl; set aside.

Reserving 2 tbsp fat, drain. Return reserved fat to Dutch oven. Add butter; melt over medium heat. Cook shallots and celery, stirring occasionally, until softened, about 8 minutes. Add garlic, thyme and bay leaf; cook, stirring frequently, until fragrant, about 1 minute. Sprinkle with flour; cook, stirring frequently, for 1 minute.

Gradually whisk in reserved cooking liquid. Stir in potatoes and pepper; bring to boil. Reduce heat, cover and simmer, stirring occasionally, until potatoes are fork-tender, about 20 minutes.

Discard thyme and bay leaf. Stir in sherry, lemon juice and Worcestershire sauce; bring to simmer. Cook, stirring occasionally, for 5 minutes. Stir in cream, chopped clam meat and bacon; cook until heated through, about 3 minutes. Stir in chives and parsley.

Ladle chowder into serving bowls; top with reserved clams.

PER SERVING: about 292 cal, 12 g pro, 16 g total fat (8 g sat. fat), 23 g carb (1 g dietary fibre, 3 g sugar), 60 mg chol, 437 mg sodium, 653 mg potassium. % RDI: 9% calcium, 56% iron, 15% vit A, 22% vit C, 13% folate.

TIP FROM THE TEST KITCHEN

If any clams remain closed after the 10 minutes of cooking, remove the open ones to a bowl. Continue to cook the remaining clams, covered, for an additional two minutes, then give them a stir. If they still don't open, discard them.

HOW-TO VIDEO

Watch how to make this recipe at canadianliving.com/clamchowder.

TESTED TILL PERFECT

STARTING FROM Scratch

No *nonna*? No problem. Anyone can make fresh from-scratch pasta with our simple yet versatile dough.

BY IRENE FONG & THE TEST KITCHEN

Only three ingredients!

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, CHRISTOPHER STONGE. PROP STYLING, SASHA SEYMOUR

× On The Menu ×



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FRESH PASTA DOUGH

Hands-on time: 15 minutes
Total time: 35 minutes
Makes: 1 batch dough

This recipe delivers silky, delicate dough that's endlessly adaptable to any number of pastas—simply adjust the shape, size and thickness of your noodles. For easy rolling, a pasta machine or a stand mixer attachment can be found in most kitchen supply stores.

2 cups	all-purpose flour
3	eggs
¼ tsp	salt

Mound flour on work surface; make well in centre. Crack eggs into well; sprinkle with salt. Using fork, beat eggs. Starting at inside edge and working around well, gradually stir flour into egg mixture until soft dough forms. Sift flour remaining on work surface; discard any bits of dough.

On lightly floured work surface, knead dough, dusting with some of the reserved flour, until dough is smooth, elastic and no longer sticky, about 10 minutes. Shape into disc; wrap in plastic wrap. Let stand for 20 minutes.

Cut dough into thirds; roll or press each into 5-inch (12 cm) wide sheet. Dust with reserved flour. Cover with damp towel (to prevent drying out).

BRAISED SHORT RIB RAVIOLI WITH PORCINI MUSHROOM JUS

Hands-on time: 45 minutes
Total time: 3 hours
Makes: 8 to 10 servings

Tender beef, sharp cheese and fresh herbs elevate simple pasta dough into elegant ravioli that are packed with flavour. Pulsing the ingredients together is the secret to creating the best texture. Just be sure to use well-marbled short ribs and add any fat to the food processor along with the meat—the result will be a filling that melts in your mouth.

1	pkg (14 g) dried porcini mushrooms
1 kg	bone-in beef simmering short ribs, cut in 2½-inch (6 cm) pieces
½ tsp	each salt and pepper
2 tbsp	olive oil
4	cloves garlic, minced
⅓ cup	dry white or red wine
2⅓ cups	sodium-reduced beef broth
½ cup	fresh bread crumbs
½ cup	grated Pecorino-Romano or Parmesan cheese
6 tbsp	chopped fresh parsley
1 tbsp	red wine vinegar
2 tsp	chopped fresh thyme
1	batch Fresh Pasta Dough (see recipe, left)
½ cup	all-purpose flour (approx)
1	egg
5 cups	lightly packed torn oyster mushrooms

Using spice grinder, grind porcini mushrooms until powdery. Set aside.

Sprinkle beef with half each of the salt and pepper. In Dutch oven, heat half of the oil over medium-high heat; cook beef, stirring, until browned all over, about 5 minutes. Using slotted spoon, remove beef to bowl. Set aside.

Drain all but 1 tbsp fat from Dutch oven; cook porcini mushrooms and garlic over medium-high heat, stirring, until fragrant, about 30 seconds. Add wine; cook, stirring, until absorbed, about 30 seconds. Add beef and 2 cups of the broth; bring to boil. Transfer to 325°F (160°C) oven and cook, covered, until beef is very tender, about 2½ hours.

Using slotted spoon, remove beef to bowl. Skim fat from surface of juices in Dutch oven; set juices aside. *(Make-ahead: Cover and refrigerate juices for up to 24 hours. Or freeze in airtight container for up to 3 weeks; thaw in refrigerator overnight before using.)* Debone beef; discard bones.

In food processor, pulse together beef, bread crumbs, Pecorino-Romano, two-thirds of the parsley, the vinegar, thyme and remaining broth, salt and pepper until beef is shredded and begins to stick together. Let cool completely. *(Make-ahead: Refrigerate in airtight container for up to 24 hours.)*

Meanwhile, with pasta machine roller on widest setting and working with 1 sheet at a time, feed dough through lightly floured rollers. Fold dough in half, bringing short ends together; lightly dust dough with some of the flour. Feed dough through rollers 3 more times or until edges are smooth, cutting in half if too long to handle; continue feeding through rollers until sixth-widest setting (about 1 mm) is reached.

In small bowl, whisk egg with 1 tsp water. Working with 1 sheet at a time, place dough on lightly floured work surface with 1 long end facing you; keep remainder covered with towel (to prevent drying out). Brush off excess flour from top. Drop beef mixture by rounded 1 tsp, 1 inch (2.5 cm) apart, onto bottom half of sheet, about ¾ inch (2 cm) from long edge. Brush top half of sheet with some of the egg mixture; fold over bottom half, pressing around filling to pop any air bubbles and seal pasta.

Using sharp knife or wheel cutter, cut between filling to make squares, pressing to pop any air bubbles and pinching edges to reseal as necessary. Transfer ravioli to floured baking sheet. Let stand until beginning to dry, about 10 minutes. *(Make-ahead: Freeze until firm, about 1 hour; transfer to airtight container and freeze for up to 2 months. Cook from frozen, adding 1 minute to cooking time.)*

In large saucepan of boiling salted water, cook ravioli, stirring occasionally, until ravioli float to surface, 2 to 3 minutes. Reserving ¾ cup of the cooking liquid, drain.

Meanwhile, in large nonstick skillet, heat remaining oil over medium-high heat; cook oyster mushrooms, stirring, until beginning to soften, about 2 minutes. Add ravioli, reserved juices and enough of the reserved cooking liquid to coat generously; cook, stirring, until slightly thickened, about 2 minutes. Sprinkle with remaining parsley.

PER EACH OF 10 SERVINGS: about 361 cal, 18 g pro, 22 g total fat (8 g sat. fat), 23 g carb (2 g dietary fibre, 1 g sugar), 111 mg chol, 425 mg sodium, 364 mg potassium. % RDI: 7% calcium, 21% iron, 6% vit A, 5% vit C, 28% folate.

TIP FROM THE TEST KITCHEN

While rolling out the pasta, keep the remaining sheets covered to prevent them from drying out.

"Stuffing individual ravioli takes a bit more effort, but the tender beef filling is worth it."

— IRENE FONG, SENIOR FOOD SPECIALIST



Cooking the beef with ground mushrooms infuses it with rich, savoury flavour.


Turn to page 89 to learn how to make Cacio e Pepe step by step.

CACIO E PEPE

Hands-on time: 15 minutes
Total time: 25 minutes
Makes: 4 servings

This classic Roman dish is typically made using tonnarelli or pici pasta, which are slightly thicker versions of spaghetti. It tastes best when made with fresh pasta, but you can substitute with 340 grams of any other long pasta, cooked al dente.

1	batch Fresh Pasta Dough (see recipe, page 85)
½ cup	all-purpose flour (approx)
2 tbsp	olive oil
¾ tsp	pepper
1⅓ cups	finely shredded Pecorino-Romano or Parmesan cheese

With pasta machine roller on widest setting and working with 1 sheet at a time, feed dough through lightly floured rollers. Fold dough in half, bringing short ends together; lightly dust dough with some of the flour. Feed dough through rollers 3 more times or until edges are smooth, cutting in half if too long to handle; continue feeding through rollers until third-widest setting (about 3 mm) is reached.

Lightly dust dough with some of the remaining flour. Working with 1 sheet at a time, fold dough in half, bringing short ends together; repeat twice to create 8-layer stack. Using sharp knife, cut crosswise into ⅛-inch (3 mm) thick strips. Using hands, separate pasta; dust generously with remaining flour. On lightly floured baking sheet, shape pasta into nests. Let stand until leathery but not dry, about 10 minutes. *(Make-ahead: Freeze until firm; transfer to resealable freezer bag and freeze for up to 3 weeks.)*

Gently separate pasta, removing excess flour. In large saucepan of boiling salted water, cook pasta until al dente, about 4 minutes. Reserving ¾ cup of the cooking liquid, drain.

In same saucepan, heat oil with pepper over medium heat; stir in pasta, 1 cup of the Pecorino-Romano and enough of the reserved cooking liquid to coat. Sprinkle with remaining Pecorino-Romano.

PER SERVING: about 469 cal, 23 g pro, 21 g total fat (8 g sat. fat), 45 g carb (2 g dietary fibre, 1 g sugar), 179 mg chol, 952 mg sodium, 139 mg potassium. % RDI: 35% calcium, 28% iron, 12% vit A, 51% folate.

CHANGE IT UP

AGLIO E OLIO

Omit pepper and Pecorino-Romano cheese. Add 4 cloves garlic, sliced, and pinch hot pepper flakes to olive oil; cook as directed. Sprinkle with 2 tbsp chopped fresh parsley, if desired.

ARTICHOKE, LEEK AND MUSHROOM CANNELLONI

Hands-on time: 30 minutes
Total time: 1½ hours
Makes: 12 cannelloni

Fresh homemade cannelloni are a cinch to make—all you need to do is cut, fill and roll! Piping the filling onto the pasta makes for a mess- and fuss-free assembly, but feel free to spoon on the filling if you don't have a piping bag on hand. Serve with a mixed green salad.

Tomato Sauce:

2 cups	bottled strained tomatoes (passata)
2	cloves garlic, finely grated or pressed
1 tsp	liquid honey
½ tsp	salt
¼ tsp	pepper

Filling:

1 tbsp	olive oil
2	leeks (white and light green parts only), halved lengthwise and thinly sliced crosswise
2	large portobello mushrooms, stemmed, gills removed and finely chopped
4	cloves garlic, finely grated or pressed
½ tsp	chopped fresh rosemary
½ tsp	each salt and pepper
⅓ cup	dry white wine
1	can (398 mL) brine-packed artichoke hearts, drained, patted dry and chopped
¾ cup	grated grana Padano or Parmesan cheese
¾ cup	extra-smooth ricotta cheese
1	egg, lightly beaten

Pasta:

1	batch Fresh Pasta Dough (see recipe, page 85)
½ cup	all-purpose flour (approx)
1	egg

Topping:

1½ cups	shredded mozzarella cheese
3 tbsp	torn fresh basil leaves

Tomato Sauce: In bowl, stir together strained tomatoes, garlic, honey, salt, pepper and ¾ cup water. Set aside. *(Make-ahead: Cover and refrigerate for up to 3 days.)*

Filling: In large nonstick skillet, heat oil over medium-high heat; cook leeks, mushrooms, garlic, rosemary and half each of the salt and pepper, stirring, until softened, about 6 minutes. Add wine; cook, stirring, until mostly evaporated, about 2 minutes. Stir in artichokes. Let cool completely. *(Make-ahead: Refrigerate in airtight container for up to 24 hours.)*

In bowl, stir together leek mixture, grana Padano, ricotta, egg and remaining salt and pepper. Set aside.

Pasta: With pasta machine roller on widest setting and working with 1 sheet at a time, feed dough through lightly floured rollers. Fold dough in half, bringing short ends together; lightly dust dough with flour. Feed sheet through rollers 3 more times or until edges are smooth, cutting in half if too long to handle; continue feeding through rollers until fifth-widest setting (about 2 mm) is reached.

On lightly floured work surface, cut dough into twelve 5-inch (12 cm) squares; discard scraps. *(Make-ahead: Flour generously, layer between parchment paper and freeze until firm, about 1 hour; transfer to airtight container and freeze for up to 2 months. Thaw at room temperature until soft enough to fold, about 20 minutes.)* Brush excess flour from tops of squares.

In small bowl, whisk egg with 1 tsp water. Working with 1 square at a time, spoon or pipe filling along bottom edge of pasta; brush egg mixture along top edge. Starting from bottom edge, roll up pasta.

Spoon one-third of the sauce into bottom of greased 13- x 9-inch (3 L) baking dish. Arrange cannelloni, seam side down, in baking dish. Top cannelloni with remaining sauce, spreading to coat; cover with foil. Bake in 375°F (190°C) oven until pasta is tender yet firm and sauce is bubbling, about 45 minutes.

Topping: Sprinkle cannelloni with mozzarella; bake, uncovered, in 375°F (180°C) oven until mozzarella is melted, about 5 minutes. Let stand for 10 minutes. Sprinkle with basil.

PER CANNELLONI: about 227 cal, 12 g pro, 9 g total fat (5 g sat. fat), 24 g carb (2 g dietary fibre, 5 g sugar), 83 mg chol, 552 mg sodium, 313 mg potassium. % RDI: 19% calcium, 21% iron, 14% vit A, 8% vit C, 30% folate.

TIP FROM THE TEST KITCHEN

There's no need to use a piping tip when filling the cannelloni—even a plastic bag with one corner cut off will do!



STEP BY STEP

HOW-TO VIDEO

Our Test Kitchen walks you through making fresh pasta at canadianliving.com/freshpasta.













1 Knead dough until smooth and elastic 2 Roll out dough to about ⅛-inch (3 mm) thickness 3 Fold short ends together to create 2 layers 4 Repeat twice to create 8 layers 5 Cut crosswise into ⅛-inch (3 mm) wide strips 6 Shake off pasta to separate strands, dust with flour and form into nests

MADE FOR *Sharing*

Our food specialists threw a party where each brought her favourite potluck dessert. Whose recipe reigns supreme? Serve all five at your next gathering and see which disappears first!

BY THE TEST KITCHEN



The Canadian Living Test Kitchen team (from left): Irene Fong, Amanda Barnier, Annabelle Waugh, Jennifer Bartoli and Gilean Watts.

PHOTOGRAPHY: STACEY BRANDFORD. PROP STYLING: JENNIFER EVANS

HUMMINGBIRD CUPCAKES

Hands-on time: 30 minutes
Total time: 1½ hours
Makes: 24 cupcakes

"Hummingbird cake has the crushed pineapple, nuts and spices you'd find in carrot cake, but instead of shredded carrots, the batter is studded with diced bananas. A swirl of cream cheese icing is all you need on top, but if you really want to knock everyone's socks off, top your cupcakes with our Pineapple Flowers, attaching the banana chips and pecan halves with dabs of icing." *— Annabelle Waugh, Food director*

Cupcakes:

2 cups	all-purpose flour
2 tsp	each baking powder and cinnamon
1 tsp	baking soda
¾ tsp	salt
1 cup	packed brown sugar
½ cup	granulated sugar
3	eggs
¾ cup	vegetable oil
1 tsp	vanilla
2 cups	diced bananas (about 3)
1	can (398 mL) crushed pineapple, drained
1½ cups	chopped pecans

Cream Cheese Icing:

⅔ cup	cream cheese, softened
⅔ cup	unsalted butter, softened
1 tsp	vanilla
4 cups	icing sugar

Garnish:

24	banana chips
24	pecan halves

Cupcakes: In large bowl, whisk together flour, baking powder, cinnamon, baking soda and salt. In separate bowl, whisk together brown sugar, granulated sugar, eggs, oil and vanilla until smooth; pour over flour mixture. Stir just until moistened. Fold in bananas, pineapple and pecans.

Divide batter among 24 paper-lined muffin cups. Bake in 350°F (180°C) oven until cake tester inserted in centres comes out clean, 23 to 25 minutes. Let cool completely in pan. *(Make-ahead: Transfer to resealable freezer bag; freeze for up to 2 weeks. Bring to room temperature before continuing with recipe.)*

Cream Cheese Icing: In bowl, beat cream cheese with butter until smooth; beat in vanilla. Beat in icing sugar, one-third at a time, until smooth. Pipe or spread icing onto cupcakes. *(Make-ahead: Cover loosely with plastic wrap; refrigerate for up to 1 day. Bring to room temperature before continuing with recipe.)*

Garnish: Top each cupcake with 1 banana chip and 1 pecan half.

PER CUPCAKE: about 391 cal, 4 g pro, 22 g total fat (6 g sat. fat), 48 g carb (2 g dietary fibre, 37 g sugar), 45 mg chol, 183 mg sodium, 152 mg potassium. % RDI: 4% calcium, 8% iron, 8% vit A, 3% vit C, 11% folate.





PINEAPPLE FLOWERS

Using chef's knife, trim top and bottom from 1 large pineapple. Slice off skin, following contour of pineapple. Using vegetable peeler, remove any remaining eyes. Lay pineapple on its side; slice crosswise into scant ⅛-inch (3 mm) thick rounds. Arrange on parchment paper–lined rimless baking sheets. Bake in top and bottom thirds of 225°F (110°C) oven, turning pineapples once and switching and rotating pans every 30 minutes, until leathery and lightly darkened around edges, 2½ to 3 hours. Press slices into muffin pan wells. Let stand for at least 12 hours.

FOOD PHOTOGRAPHY, STEVE KRUG. FOOD STYLING, NOAH WITENOFF. PROP STYLING, JENNIFER EVANS



CHOCOLATE FUDGE CAKE WITH RASPBERRY COULIS

Hands-on time: 50 minutes
Total time: 3¼ hours
Makes: 12 servings

"This recipe is inspired by a chocolate cake my grandmother used to make for special occasions. It's decadent, incredibly chocolaty and extremely easy to make. For a potluck, I like to dress it up with a milk chocolate glaze and a quick berry coulis, but it's also pretty perfect with a simple dusting of icing sugar." — *Jennifer Bartoli, Food specialist*

Chocolate Fudge Cake:

180 g	good-quality 70% dark chocolate (about 6¼ oz), chopped
½ cup	butter, cubed
4	eggs
1 cup	granulated sugar
pinch	salt
¼ cup	all-purpose flour
2 tbsp	white rum
2 tsp	vanilla

Milk Chocolate Glaze:

55 g	good-quality milk chocolate (about 2 oz), chopped
2 tbsp	whipping cream (35%)
1 tbsp	butter
2 tsp	white rum

Raspberry Coulis:

1 cup	frozen raspberries, thawed
½ cup	granulated sugar
1 tbsp	lemon juice
1 tsp	cornstarch

Chocolate Fudge Cake: Grease 8-inch (2 L) springform pan; line bottom and side with parchment paper. Set aside.

In small saucepan, melt chocolate with butter over medium-low heat until smooth, about 5 minutes. Let cool slightly.

In large bowl, beat together eggs, sugar and salt until pale and thickened, about 5 minutes. Stir in chocolate mixture, flour, rum and vanilla until combined. Scrape into prepared pan, smoothing top.

Bake in 350°F (180°C) oven until top is cracked and cake tester inserted in centre comes out clean with a few moist crumbs clinging, 40 to 45 minutes. Let cool completely in pan.

Invert cake from pan; peel off parchment paper. Transfer cake to cake plate.

Milk Chocolate Glaze: While cake is cooling, in heatproof bowl set over saucepan of hot (not boiling) water, heat together chocolate, cream and butter, stirring, until smooth. Stir in rum. Let cool for 5 minutes.

Using offset palette knife, spread glaze over top of cake. Refrigerate until set, about 1 hour. *(Make-ahead: Refrigerate for up to 24 hours.)*

Raspberry Coulis: While glaze is setting, in blender, purée together raspberries, sugar and 1 tbsp water. Strain raspberry mixture through fine-mesh sieve into saucepan, pressing on solids with back of spoon and scraping bottom of sieve to extract pulp. Discard solids.

Stir lemon juice into raspberry mixture; cook over medium heat, stirring, until hot, about 2 minutes. Whisk cornstarch with 2 tsp water until smooth; stir into raspberry mixture. Bring to boil; boil, stirring, until slightly thickened, about 1 minute.

Transfer to bowl; cover with plastic wrap. Refrigerate until chilled, about 1 hour. *(Make-ahead: Refrigerate for up to 48 hours.)* Serve with cake.

PER SERVING: about 338 cal, 4 g pro, 19 g total fat (11 g sat. fat), 38 g carb (2 g dietary fibre, 31 g sugar), 92 mg chol, 92 mg sodium, 170 mg potassium. % RDI: 3% calcium, 16% iron, 12% vit A, 3% vit C, 7% folate.

EASY DOUBLE-CHERRY TARTS

Hands-on time: 35 minutes
Total time: 3 hours
Makes: 2 tarts (16 servings total)

"One surefire way to appeal to a crowd is to serve a classic dessert with a fresh twist. These stunning tarts combine the flavours of two standby recipes: cherry pie and tiramisu. The mascarpone topping imparts a rich creaminess that makes the tarts extra indulgent." — *Irene Fong, senior Food specialist*

3 cups	frozen pitted sour cherries
⅓ cup	granulated sugar
2 tsp	grated lemon zest
2 tsp	lemon juice
½ cup	dried cherries

2 tbsp	crème de cassis (optional)
3 tbsp	cornstarch
2	sheets (450 g pkg) frozen butter puff pastry, thawed
1	egg yolk
¾ cup	mascarpone cheese
½ cup	icing sugar
1 tsp	vanilla
¾ cup	whipping cream (35%)
15 g	dark chocolate (about ½ oz), shaved

In saucepan, cook sour cherries, granulated sugar, lemon zest, lemon juice and 3 tbsp water over medium heat, stirring frequently, until cherries are tender yet retain their shape, about 8 minutes. Stir in dried cherries and crème de cassis (if using).

Whisk cornstarch with 3 tbsp water until smooth; whisk into cherry mixture. Cook, stirring, until thickened, about 1 minute. Remove from heat. Let cool completely, about 2 hours. *(Make-ahead: Cover and refrigerate for up to 2 days; stir in 1 tbsp hot water and let stand at room temperature for 30 minutes before continuing with recipe.)*

Meanwhile, on large sheet of parchment paper, unroll 1 sheet of the pastry; fold pastry in half. Roll out into 15- x 6-inch (38 x 15 cm) rectangle. Lifting parchment paper by edges, transfer pastry to large rimless baking sheet. Make diagonal ¾-inch (2 cm) cut at each corner. Repeat with remaining pastry.

Whisk egg yolk with 1 tsp water; lightly brush some of the egg yolk mixture along edges of pastry. Fold edges over, pressing to adhere. Brush remaining egg yolk mixture all over pastry. Prick centres all over with fork.

Bake, 1 sheet at time, in 400°F (200°C) oven until puffed and golden, 12 to 15 minutes. Let cool slightly on pan; using spatula, gently press centres of pastry to flatten. Let cool completely, about 30 minutes.

Meanwhile, in bowl, beat together mascarpone, icing sugar and vanilla until smooth. In separate bowl, beat cream until stiff peaks form; fold into mascarpone mixture.

Spread mascarpone mixture onto centres of pastry; top with cherry mixture. Sprinkle with chocolate.

PER SERVING: about 272 cal, 4 g pro, 16 g total fat (9 g sat. fat), 29 g carb (1 g dietary fibre, 15 g sugar), 43 mg chol, 106 mg sodium, 72 mg potassium. % RDI: 4% calcium, 6% iron, 14% vit A, 3% vit C, 2% folate.





CRANBERRY-APPLE SLAB PIE

Hands-on time: 55 minutes
Total time: 2¼ hours
Makes: 24 servings

"Making a pie in a large jelly roll pan means you can easily serve a crowd. Plus, a slab is so much simpler to transport and slice without making a mess. Talk about a win-win!" — *Gilean Watts, Food specialist*

5 cups	all-purpose flour
1¾ tsp	salt
1 cup	cold unsalted butter, cubed
1 cup	cold lard or vegetable shortening, cubed
½ cup	ice water (approx)
6 tbsp	sour cream
2	eggs
2 cups	packed brown sugar
4 tsp	cornstarch
4 tsp	vanilla
¼ tsp	cinnamon
6	firm cooking apples (such as Gala or Golden Delicious), peeled, cored and chopped (about 8 cups)
3 cups	frozen cranberries
1 tbsp	grated fresh ginger
2	egg yolks, lightly beaten
1 tbsp	coarse sugar

In bowl, whisk flour with 1½ tsp of the salt. Using pastry blender or 2 knives, cut in butter and lard until mixture resembles coarse crumbs with a few larger pieces.

In separate bowl, whisk together ice water, sour cream and eggs; drizzle over flour mixture, tossing with fork to form ragged dough and adding up to 1 tbsp more ice water if necessary.

Form two-thirds of the dough into disc; form remaining dough into separate disc. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes. *(Make-ahead: Refrigerate for up to 3 days or freeze for up to 1 month.)*

Meanwhile, in large bowl, stir together brown sugar, cornstarch, vanilla, cinnamon and remaining salt. Add apples, cranberries and ginger; toss to coat. Set aside.

On lightly floured work surface, roll out larger pastry disc to ⅛-inch (3 mm) thickness to fit 17- x 13-inch (45 x 33 cm) jelly roll pan with 1-inch (2.5 cm) high sides. Fold in half lengthwise; fold again. Transfer to 17- x 13-inch (45 x 33 cm) jelly roll pan; unfold dough, pinching together any tears. Arrange in pan; trim to fit, leaving ½-inch (1 cm) overhang and reserving scraps. Spoon apple mixture over crust, spreading to edges.

Roll out remaining pastry disc and scraps to ⅛-inch (3 mm) thickness; cut into 1½-inch (4 cm) wide strips. Weave strips, about 2 inches (5 cm) apart, over filling to form lattice top, pinching together any tears or short strips. Trim ends, leaving ½-inch (1 cm) overhang. Lightly brush some of the egg yolk onto bottom pastry rim under each strip; press to seal. Fold both edges under and flute edge. Brush lattice with remaining egg yolk; sprinkle with coarse sugar.

Bake on bottom rack of 425°F (220°C) oven for 10 minutes. Reduce heat to 350°F (180°C) and bake until filling is bubbling and crust is golden, about 40 minutes. Let cool completely in pan.

PER SERVING: about 331 cal, 4 g pro, 16 g total fat (8 g sat. fat), 43 g carb (2 g dietary fibre, 23 g sugar), 56 mg chol, 167 mg sodium, 112 mg potassium. % RDI: 3% calcium, 10% iron, 8% vit A, 3% vit C, 18% folate.

TIP FROM THE TEST KITCHEN

Don't own a jelly roll pan? Look for one alongside baking sheets in the kitchen section of major retailers and department stores.

MINI BUTTERSCOTCH PIES

Hands-on time: 1 hour
Total time: 4 hours
Makes: 12 mini pies

"Rich butterscotch pudding fills these sweet shortbread cups, which are easy to serve at a sit-down dinner or a cocktail party–style gathering. A hint of Scotch whisky and shards of nutty, buttery toffee make them the most elegant hand-held sweets you'll ever serve." — *Amanda Barnier, Food specialist*

Pastry:

⅔ cup	butter, softened
½ cup	icing sugar
¼ tsp	vanilla
pinch	salt
1⅓ cups	all-purpose flour

Butterscotch Pudding:

½ cup	packed dark brown sugar
¼ cup	each all-purpose flour and cornstarch
pinch	salt
1⅓ cups	milk
2	egg yolks
3 tbsp	butter
1 tsp	vanilla

Toffee Shards:

⅓ cup	granulated sugar
¼ cup	butter
pinch	salt
⅓ cup	sliced skin-on (natural) almonds, toasted

Scotch Whipped Cream:

½ cup	whipping cream (35%)
2 tsp	icing sugar
2 tsp	Scotch whisky

Pastry: In large bowl, beat butter with icing sugar until smooth; beat in vanilla and salt. Stir in flour just until combined; knead to form smooth dough.

Roll by scant 2 tbsp into 12 balls. Press 1 ball into bottom and up side of each well of lightly greased 12-count muffin pan. Refrigerate for 1 hour. Prick all over with fork. Bake in 375°F (190°C) oven until edges are golden, 10 to 12 minutes. Let cool in pan for 5 minutes; transfer to rack to cool completely. *(Make-ahead: Layer between waxed paper in airtight container; store for up to 3 days.)*

Butterscotch Pudding: While pastry is cooling, in large saucepan, whisk together brown sugar, flour, cornstarch and salt; whisk in milk until smooth. Cook over medium heat, whisking constantly, until thick enough to mound on spoon, 6 to 8 minutes.

In small heatproof bowl, whisk egg yolks; whisk in one-quarter of the brown sugar mixture. Return to saucepan; whisk in butter and vanilla until butter is melted.

Strain through fine-mesh sieve into bowl; place plastic wrap directly on surface. Refrigerate until chilled, about 2 hours. *(Make-ahead: Refrigerate in airtight container for up to 3 days.)*

Toffee Shards: While pudding is chilling, in saucepan, bring sugar, butter, salt and 1 tbsp water to boil over medium heat, stirring with wooden spoon until sugar is dissolved. Boil, without stirring but brushing down side of pan with pastry brush dipped in cold water, until candy thermometer reads 280°F (138°C) or 1 tsp mixture dropped in cold water forms hard pliable threads, about 15 minutes. Stir in almonds.

Immediately pour onto parchment paper–lined rimmed baking sheet. Using offset palette knife, smooth top. Let cool completely on pan. Break toffee into shards. *(Make-ahead: Layer between waxed paper in airtight container; store for up to 7 days.)*

Scotch Whipped Cream: While toffee is cooling, in large bowl, beat together cream, icing sugar and whisky until stiff peaks form.

Assembly: Spoon about 3 tbsp of the pudding into each pastry cup. Top each with 1 tbsp of the whipped cream and toffee shard. *(Make-ahead: Refrigerate in airtight container for up to 24 hours.)*

PER MINI PIE: about 370 cal, 4 g pro, 24 g total fat (14 g sat. fat), 36 g carb (1 g dietary fibre, 21 g sugar), 92 mg chol, 141 mg sodium, 101 mg potassium. % RDI: 6% calcium, 8% iron, 22% vit A, 15% folate.



January 2016

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= Gluten-Free = Nut-Free
= Dairy-Free = Vegetarian

Certain packaged ingredients may contain allergens. Please read food labels carefully for hidden sources of gluten, dairy and nuts.

TO FIND OUT MORE ABOUT OUR RECIPES' NUTRITIONAL INFORMATION, GO TO *canadianliving.com/nutritioninfo.*

PHOTOGRAPHY, STEVE KRUG

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High Blood Pressure

High blood pressure is called the silent killer. With this natural medicine many people can get it in the ideal range of 120/80. Dr. C. Hammoud M.H., PhD recommends this effective product with fish peptides and herbs. **True success stories:** ■ **I was on 3 blood pressure drugs.** That did not work. After starting Bell Blood Pressure Formulation my readings are generally well below 120/80. *Dona A. Anderson, 76, Sooke, BC.* ■ **At work my driver's medical test** was too high at 170/100. After taking Bell product #26 for a few days, my BP went down to 128/84, which allowed me to pass my work medical. *Kris Geier, 48, Windsor, ON.*



#26 NPN 80063321

Cholesterol Control

Natural heart healthy formula made with fruit-based tocotrienol concentrate, delivers clinically proven results that include significantly improved healthy total LDL, VLDL and HDL cholesterol and triglyceride levels. **True success stories:** ■ **After taking** Bell Cholesterol Control my doctor told me my cholesterol and triglycerides were under control and he was amazed at the change. This is a good product. *Jerome Nettles, 51, Monroeville, AL.* ■ **I was on a drug** and had side effects. I decided to try your product and after the second bottle my cholesterol went from 7.25 to 5.64. I'm delighted. *Shirley Mrazek, 83, Albert Bridge., NS.*



#14 NPN 80041754

ARTHRITIS

■ **Pain free in 2 weeks.** This is what happened to me personally. I tried drugs, acupuncture, magnets, physio and others. Finally special processed shark cartilage helped me. Since then I helped hundreds of thousands of people worldwide. *Nick A. Jerch, President.* ■ **Cancelled knee replacement.** I was in pain and limping. I have no more pain now and can square dance for hours. *Anton Melnychuk, Porcupine Plain, SK.* ■ **I tried another brand** and the pain came back. 2 weeks on Bell and the pain is gone again. *Gert Dupuis, Hanmer, ON.* ■ **On our website** people write: "Can walk again for hours"; "Can climb stairs without hanging on to railing"; "First time in 15 years I can sleep at night". **Also guaranteed for rheumatoid arthritis and sciatica.** Hundreds of testimonials on our website with full names and towns. Shark bones/cartilage was previously a thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.



#1 NPN 80042283

Colds & Flus

Best preventive natural medicine on the market. Bell Shark Liver Oil is the only cold supplement with a guarantee. ■ A book written by 4 medical doctors. Dr. Hubert writes his own high school age children have no more colds. ■ Dr. Haimes gave it to his grandchildren and they had no infection of any kind since. ■ Consumers wrote us "That everyone in our family have no more colds. I work in a call center and most of my co-workers are on it now, too."



#51 NPN 80043470

Migraid Headache Relief

■ **I have had horrible migraine headaches for 30 years.** I tried all OTCs and prescription medicines over the years. After taking MIGRAID in 20 minutes my migraine was almost gone. A couple of hours later it was totally gone. Amazing! Never did I have anything work like that. Side effects from prescriptions made me sometimes feel worse. *Michelle McNeil, 45, Richmond Hill, ON.* ■ **More testimonials on the Bell website** saying: "Product #15 worked every time within 30 minutes";"I had stabbing pains that lasted for weeks. I can enjoy life again."; "One capsule a day prevents future headaches."



#15 NPN 80041508

Stop Heartburn & Reflux

■ **By having an acid-alkaline balanced stomach** with product #39 you may not need more antacids or drugs again. This increases oxygen in all our cells in our body to prevent illnesses including cancer cells that we have in our body every day and they have to be eliminated by our immune system located mainly in our guts. ■ **We have a family history of heartburn .** For the last 10 years I suffered a lot with acid reflux, burning and coughing. I told all family members about product #39 giving quick relief with no side effects and no antacids needed anymore. *Michael Fasheh, 49, Port Ranch, CA.* ■ **Read** many more testimonials on the Bell website.



#39 NPN 80053642

ACNE

ECZEMA, PSORIASIS, ROSACEA

■ **Works by cleansing blood from the inside,** instead of attacking skin with creams or washes from the outside and leaving the actual cause untreated. Actual results: ■ **My acne cleared up within days.** Bell Clear Skin really does help. My eczema is also getting better as well. I truly want to thank you. *J. Park, 20, Scarborough, ON.* ■ **I had severe psoriasis** over 95% of my body. For the last five years I have stunned every dermatologist. I've spent tons of money on remedies. Bell Clear Skin started to work in 2 days. I'm speechless. I've never seen anything work as fast in my life. *Jessica Shantz, 25, Dawson Creek, BC.* ■ **I'm a minister and had eczema on my right hand** for 30 years. Shaking hands was embarrassing. Expensive prescriptions did very little. Finally Clear Skin helped within days. *Rev. Larry K. Raynes, 70, Taylors, SC.* ■ ROSACEA: Relief also guaranteed.



#60 NPN 80063317

Snoring & Sleep Apnea

■ **Most adults sleep badly (69%).** Consequently they are tired and less productive all the next day. Snoring bothers a bed partner. Most snorers not knowingly also interrupt breathing intermittently all night (sleep apnea). Sleep apnea often develops into major health problems: High blood pressure, strokes, heart attacks, irregular heart beat and it is linked to higher risk of cancer. Bell Sound Sleep #23 has helped tens of thousands. ■ **I bought Sound Sleep for my sleep apnea as recommended by a friend.** I started to sleep like a baby. I got rid of my mask and all the gadgets of the CPAP breathing machine I hated for 3 years. Great product. I will always use it. Works wonders for me. *Gene Fairchild, 83, The Villages, FL.* ■ **Much more info** on the Bell website.



#23 NPN 80027595

Blood Sugar Metabolism

■ **Helps to support healthy glucose metabolism** and control the vicious "roller coaster" of cravings for sweets and starchy foods that cause excessive insulin production and subsequently more cravings for the wrong foods. Long term weight control without controlling blood sugar is destined to fail. ■ **My medical indicated prediabetes.** I am grateful to the health food store people for recommending Bell Blood Sugar Metabolism. When retested, readings were fine. This helped my metabolism. MY weight is down 25 lbs. *Michael O'Brien, 60, Rutherglen, ON.* ■ **More testimonials** on the Bell website.



#40 NPN 80061535

HRT Menopause Combo

Read these comments from women who wrote to us: ■ **Your HRT Menopause Combo is wonderful.** I was battling menopausal discomforts for ten years. Bell HRT Menopause Combo is the best ever. Much more effective than everything I've tried before. *Angela Giampa, 45, Pt. Charlotte, FL.* ■ **Within 2 weeks, menopausal frustration is gone!** I was told by my health food store that Bell HRT is very good for hot flashes, mood swings, anxiety and insomnia, plus my even my libido improved. In just 2 weeks I was a fun person again. My husband thanks you. *Kathy Covens, 43, Selkirk, MB.*



#33 NPN 80050677

Calming Chronic Stress

■ **Helps to develop healthy mood balance and relaxation.** Stress is one of the main causes of high blood pressure. Not habit forming. Helpful to calm down for a good sleep. Use it when needed. ■ **I am calm now in stressful situations.** In the past 10 years I had a very short fuse, because my job is quite unpredictable. The difference after taking product #66 was amazing. My reactions to stressful situations have totally changed. I have more energy, too. I don't yell at others. I have more patience and I am much happier as well. *Mary-Anne Thompson, 61, Lasalle, ON.*



#66 NPN 80041855

Pain due to Inflammation

■ **Inflammation in my back and fibromyalgia calmed down.** I've suffered for many years. I am amazed how Bell Inflammexx #70 helped me in just a few days to calm down all the inflammation in my body. It works fantastic without stomach upset and is not toxic to my liver like all the pain medicines I took. *Cheryl Cooper, 49, Goffstown, NH.* ■ **Shingles pain almost gone.** Four months ago I started to have shingles pain and it seemed as if the pain would never go away. I've used medications,. Acupuncture and many other attempts to overcome this constant pain. I am glad I saw your ad in the Toronto Star. By the end of the month the pain is almost gone. *Lucille Creighton, 61, Toronto, ON.*



#70 NPN 80050020



President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. ***Nick A. Jerch***

We believe most people can improve or overcome their ailments, if they try. All products have NPN licences. All are guaranteed. To ensure this product is right for you, always read the label.

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HOW-TO VIDEO

Watch how to make this recipe at canadianliving.com/cheeseballs.

Watch the BALL DROP

Coated in toppings and skewered with breadsticks, these bite-size cheese balls are a fun take on the retro party snack.

BY GILEAN WATTS & THE TEST KITCHEN

TESTED TILL PERFECT

ON THE COVER

MINI CHEESE BALLS

In food processor, whirl together 2 cups shredded extra-old white Cheddar cheese; 1 pkg (250 g) cream cheese, softened; 2 tbsp whipping cream (35%); 1 tsp Dijon mustard; and pinch pepper until smooth. Refrigerate for 1 hour. Roll by 1 tbsp into balls; arrange on parchment paper–lined baking sheet. Refrigerate for 1 hour. *(Make-ahead: Layer between waxed paper in airtight container; refrigerate for up to 3 days.)* Roll in desired ingredients to coat. **Makes about 25 cheese balls.**

PER CHEESE BALL (WITHOUT COATING): about 75 cal, 3 g pro, 7 g total fat (4 g sat. fat), 1 g carb (trace dietary fibre, trace sugar), 22 mg chol, 91 mg sodium, 24 mg potassium. % RDI: 7% calcium, 1% iron, 7% vit A, 1% folate.

YOU'LL NEED ABOUT 1½ CUPS IN TOTAL OF TOPPINGS TO MAKE ONE BATCH OF THESE CHEESE BALLS.

TOPPINGS

1. CRISPY BACON + APPLE CHIPS + CHIVES
2. TOASTED WALNUTS + DRIED APRICOTS + CHIVES
3. DRIED CRANBERRIES + PISTACHIOS + CHIVES

PHOTOGRAPHY, STEVE KRUG; FOOD STYLING, IAN MUGGRIDGE; PROP STYLING, JENNIFER EVANS



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